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Bella

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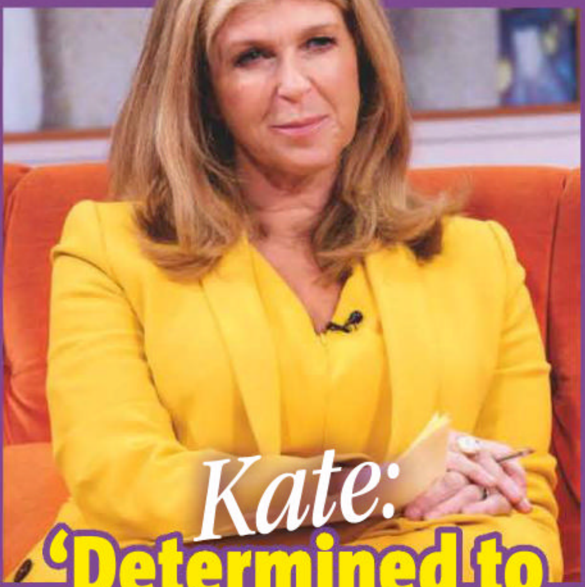
EXCLUSIVE 'Coleen to join Loose Women!'



Kate: 'Determined to bounce back after year from hell'

RUTH EXCLUSIVE

'I CAN'T WAIT TO BE FREE OF HIM'

Ruth wants a 'quickie divorce' from 'embarrassing' Eamonn

'My son fell off his bike AND LOST HIS LEGS'

Cocktails & tasty recipes

LET'S PARTY!

HAPPY NEW YEAR
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Celebrate in style

Glitzy fashion & beauty

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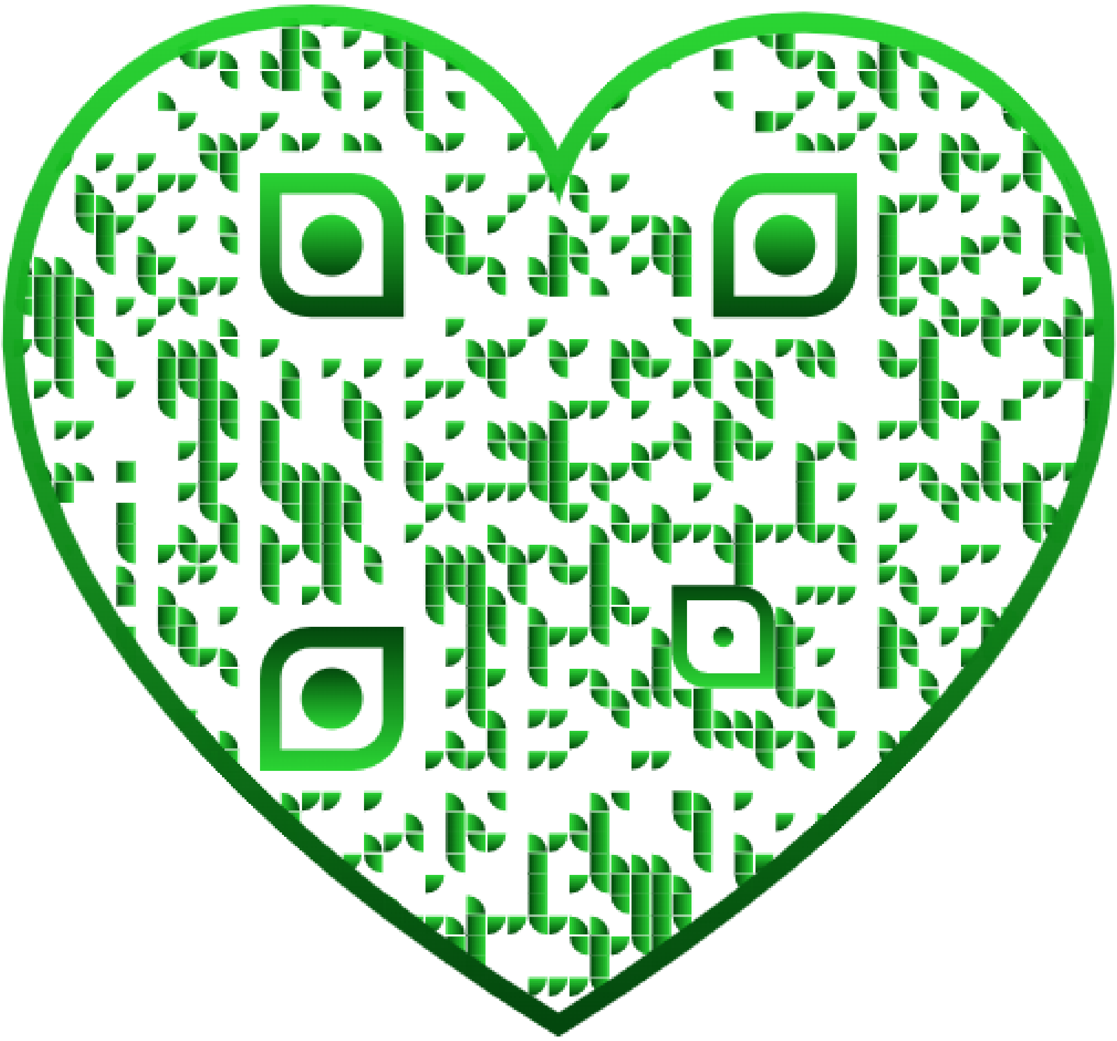

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this week in bella

RINGING IN THE NEW YEAR

It's Sophie Ellis-Bextor's party – and we're all invited!

If you're celebrating New Year's Eve at home, *Sophie Ellis-Bextor's NYE Disco* will be bringing you perfect pop with star guests before and after the London firework display is broadcast on BBC1.

Rounding off a 2024 filled with sold-out tours in Europe, US and Australia and the viral return of her pop classic *Murder On The Dancefloor*, Sophie, 45, will have her shiniest gladrags on to welcome in 2025. 'I always love a party,' says Sophie. 'I immediately think of sparkles, singing and dancing for a New Year's Eve celebration and that's what I'll be bringing this New Year! The band and I can't wait, and we have some surprises planned. I'm so honoured to have been asked. Get your disco shoes ready! I'll be wearing mine…'

Sophie will be performing her famous hits, as well as a few surprise numbers, and there will be some special guests joining the party too as she gives us a night to remember for all the right reasons, after a rollercoaster past 12 months.

'This year has taken such a different shape to the one I'd envisaged – and I already had some lovely, exciting things in the diary. But I think performing on *Fallon*, performing at the BAFTAs and taking all five children on holiday for a week in Manhattan have all been really unexpected, glorious things.'

● *Sophie Ellis-Bextor's NYE Disco will air on New Year's Eve on BBC1*

URBAN DECAY
EYESHADOW
PRIMER POTION
ORIGINAL
P37

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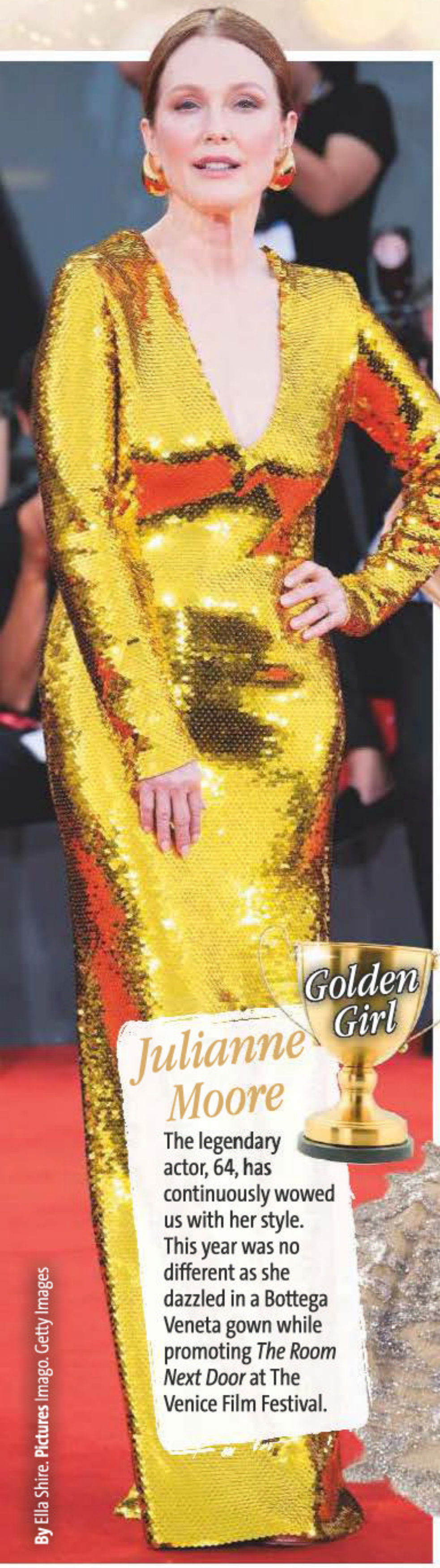
By Caroline Blight. **Pictures** BBC, Getty

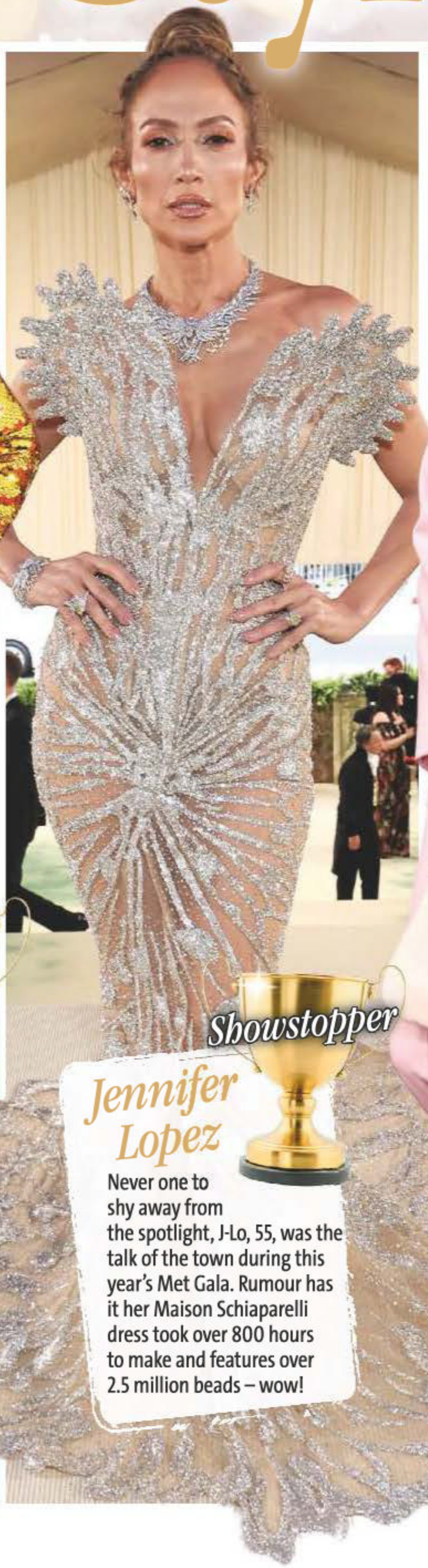
Style Awar



Golden Girl

Julianne Moore

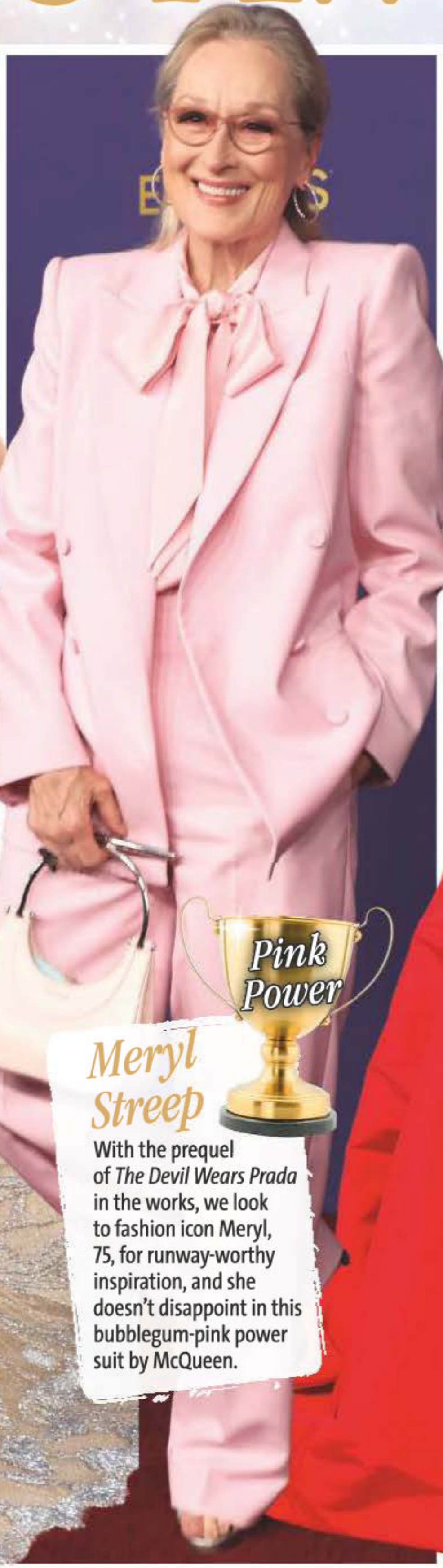
The legendary actor, 64, has continuously wowed us with her style. This year was no different as she dazzled in a Bottega Veneta gown while promoting *The Room Next Door* at The Venice Film Festival.



Showstopper

Jennifer Lopez

Never one to shy away from the spotlight, J-Lo, 55, was the talk of the town during this year's Met Gala. Rumour has it her Maison Schiaparelli dress took over 800 hours to make and features over 2.5 million beads – wow!



Pink Power

Meryl Streep

With the prequel of *The Devil Wears Prada* in the works, we look to fashion icon Meryl, 75, for runway-worthy inspiration, and she doesn't disappoint in this bubblegum-pink power suit by McQueen.

By Ella Shire. **Pictures** Imago, Getty Images

rds 2024

Our red-carpet winners are in

Red Hot

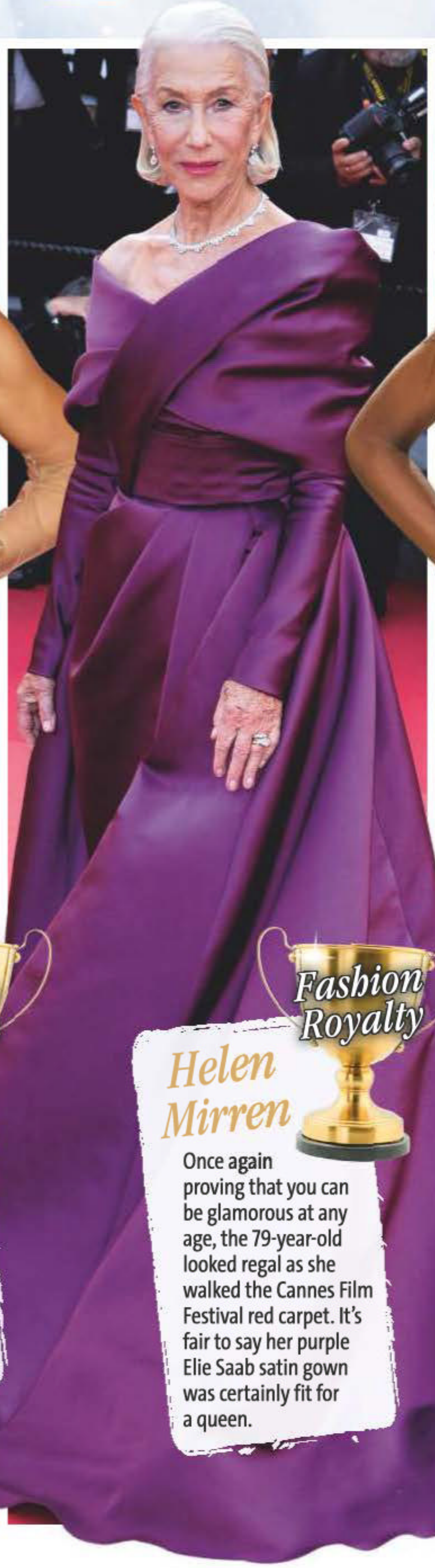
Suki Waterhouse

After announcing her pregnancy, the 32-year-old stole the show at this year's Emmy awards in a bow-tiful gown by Valentino, which was redesigned to specifically fit her growing bump.

Small Screen Queen

Rochelle Humes

Whether she's presenting on the small screen or posing on social media, we can always rely on Rochelle, 35, for a killer outfit. Our favourite so far? It has to be this nude mesh detail frock by up-and-coming label Mybestfriends.



Fashion Royalty

Helen Mirren

Once again proving that you can be glamorous at any age, the 79-year-old looked regal as she walked the Cannes Film Festival red carpet. It's fair to say her purple Elie Saab satin gown was certainly fit for a queen.

Model Moment

Naomi Campbell

It's been the year of rebirth for the 54-year-old supermodel, who recently launched a new business venture and had a museum exhibition dedicated to her life. Her shining fashion moment? It had to be this tasselled Burberry number worn at the Met Gala.

Style Award

Petal Princess

Jessica Biel

When it comes to looking pretty in pink, nobody beats 42-year-old Jessica, who revealed that she soaked in 20lbs of Epsom salts in order to fit into her Tamara Ralph Couture frock!

British Icon

Hannah Waddingham

2024 was certainly Hannah's year for style success. The 49-year-old actor looked like a sheer delight in a glitzy custom gown by Marchesa, adorned with sparkling embellishments, for the Olivier Awards.

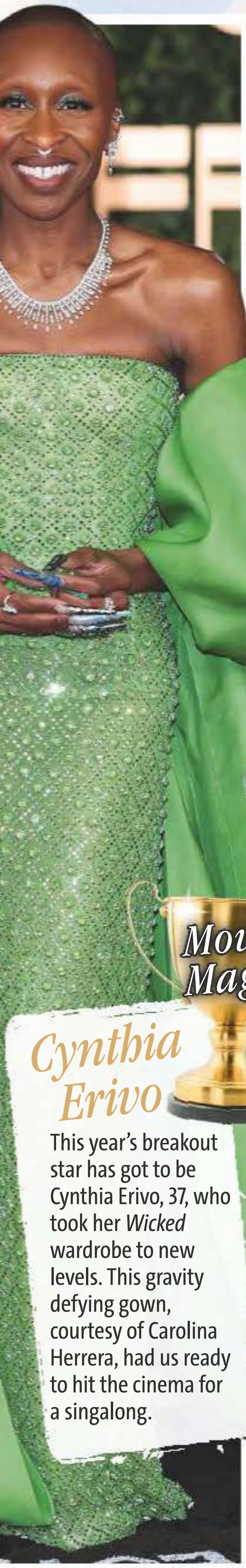
Diamond Dazzler

Nicola Coughlan

She may play a wallflower on *Bridgerton*, but Nicola Coughlan's wardrobe has brought nothing but drama. The fash pack instantly fell in love with her blush-pink Rodarte gown, which effortlessly showed off the 37-year-old's stunning figure.

By Ella Shire. Pictures Imago. Getty Images

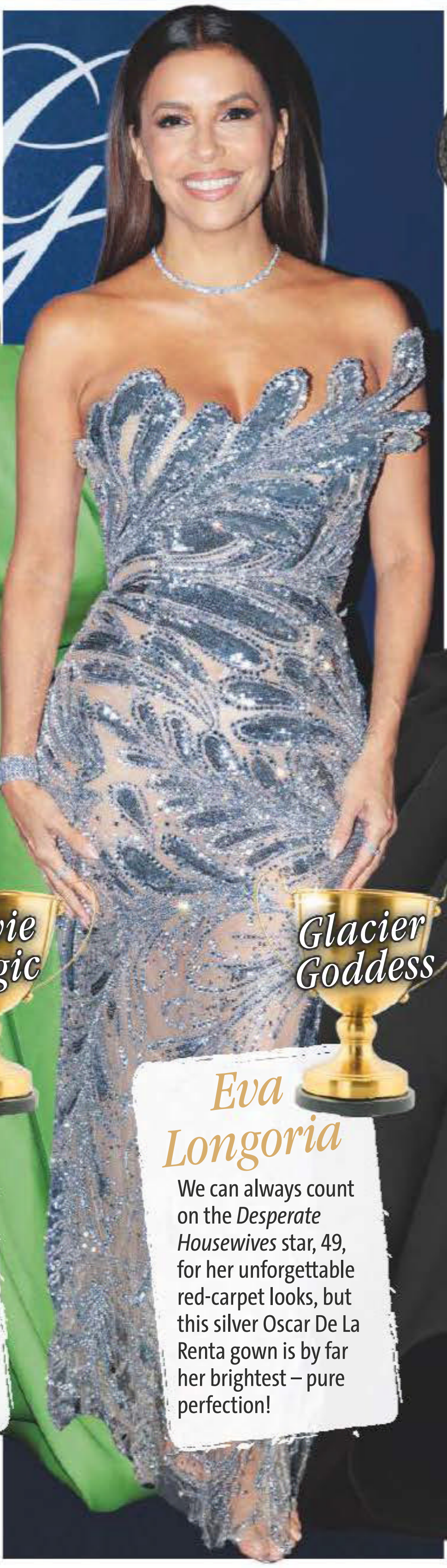
s 2024 continued...



Movie Magic

Cynthia Erivo

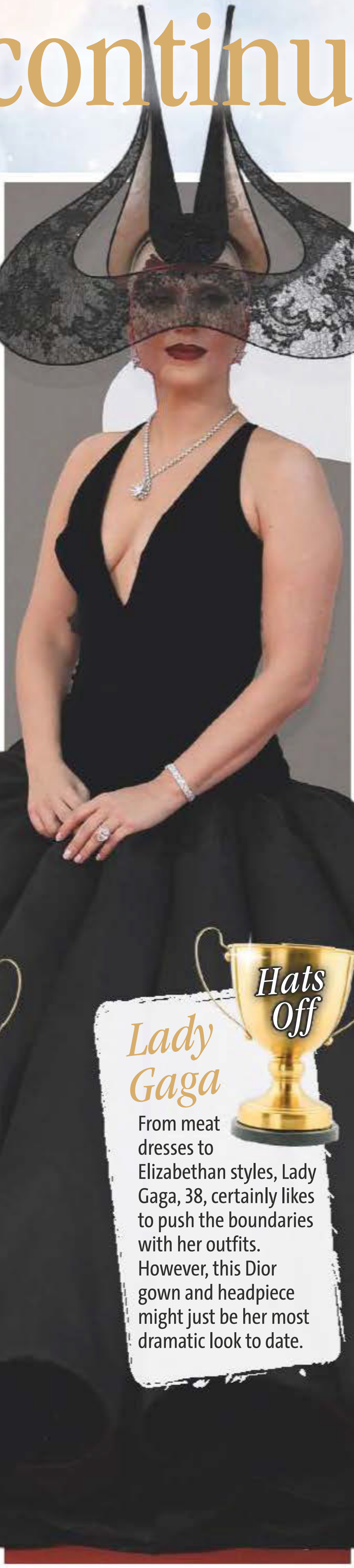
This year's breakout star has got to be Cynthia Erivo, 37, who took her *Wicked* wardrobe to new levels. This gravity defying gown, courtesy of Carolina Herrera, had us ready to hit the cinema for a singalong.



Glacier Goddess

Eva Longoria

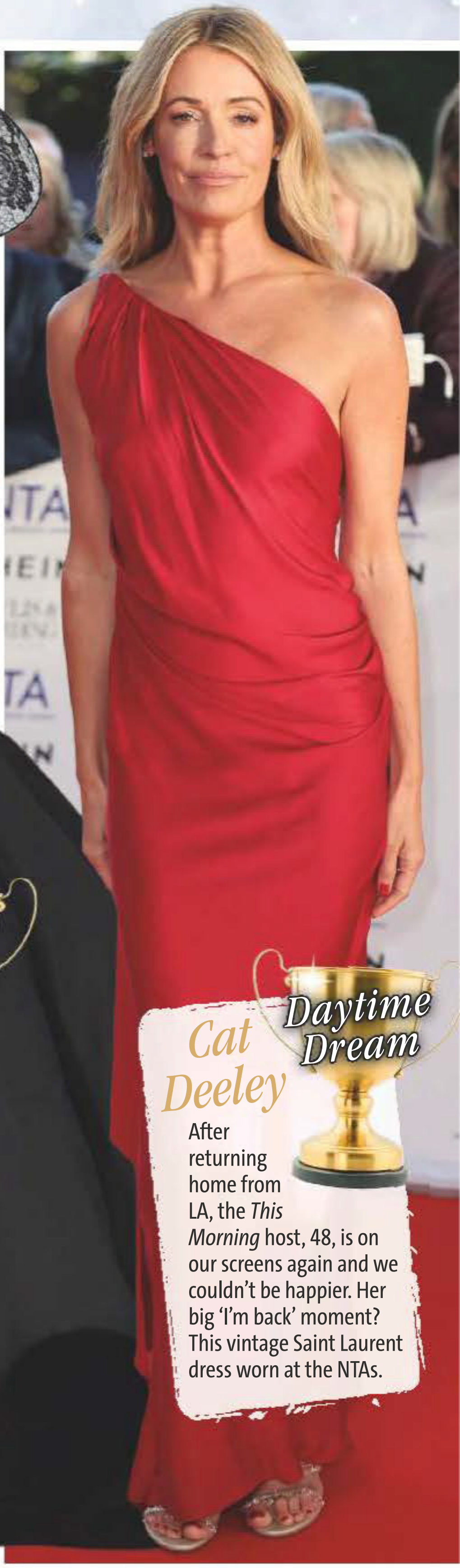
We can always count on the *Desperate Housewives* star, 49, for her unforgettable red-carpet looks, but this silver Oscar De La Renta gown is by far her brightest – pure perfection!



Hats Off

Lady Gaga

From meat dresses to Elizabethan styles, Lady Gaga, 38, certainly likes to push the boundaries with her outfits. However, this Dior gown and headpiece might just be her most dramatic look to date.



Daytime Dream

Cat Deeley

After returning home from LA, the *This Morning* host, 48, is on our screens again and we couldn't be happier. Her big 'I'm back' moment? This vintage Saint Laurent dress worn at the NTAs.

Exclusive

William's romantic holiday for Kate

The Prince of Wales wants to whisk Kate away, insiders tell *Bella*

After an 'incredibly tough' year of loss and hardship, Prince William and Kate Middleton are using the festive break to remember what's important: each other.

The year ends with Kate, 42, having completed chemotherapy and being cancer free, and a source tells *Bella* that William, 42, wants to escape with his wife to a place that holds a 'special place' in his heart – Africa.

An insider reveals, 'Wills has set the wheels in motion to whisk Kate away. She values their alone time, nothing is more special than having her prince to herself. Wills is ever the romantic, so he's planning a romantic getaway – just the two of them.

'This past year, Kate has had to operate on autopilot while putting on a normal show for the children, so an MOT for the soul is much needed for them both to reconnect.'

Given the remarkable signs of recovery that Kate, 42, has shown, with a string of public appearances, including at her beloved annual carol concert, it's easy to forget the darkness she faced at the beginning of 2024.

It was back in February when the world was shaken by the news that King Charles, 76, had been diagnosed with cancer. One month later, mother-of-three Kate herself announced that she was also beginning cancer treatment.

Kate began chemotherapy and largely steered clear of the spotlight, spending time with her children, Prince George, 11, Princess Charlotte, nine, and Prince Louis, six, and the dog gifted to the family by her brother, James.

She began to re-enter public life in the summer, and an update came in September, as Kate shared the news that she had completed chemotherapy. She described the previous nine months as having been 'incredibly tough for us as a family', adding, 'Doing what I can to stay cancer free is now my focus.'

Christmas, naturally, is a big time for the Wales family, and one steeped in royal tradition. But while it's important to Kate and William that their children can experience some much-needed normality this December, the insider says that William hopes next year he and his wife will be able to get away privately.

'They want to go somewhere secluded, away from prying media eyes,' the insider says. 'Wills has employed a trusted family friend in assisting with this very special private getaway. They want to go to a place of extreme importance. Africa – and wildlife reserves – are an intimate love for them both.'

The continent holds special significance for both Kate and William. The Prince of Wales has continued the charity work of his mother, the late Princess Diana, in the region, taking Kate to the continent before they were married. In fact, it was in front of Lake Rutundu in Kenya that William popped the question to Kate, back in October 2010.

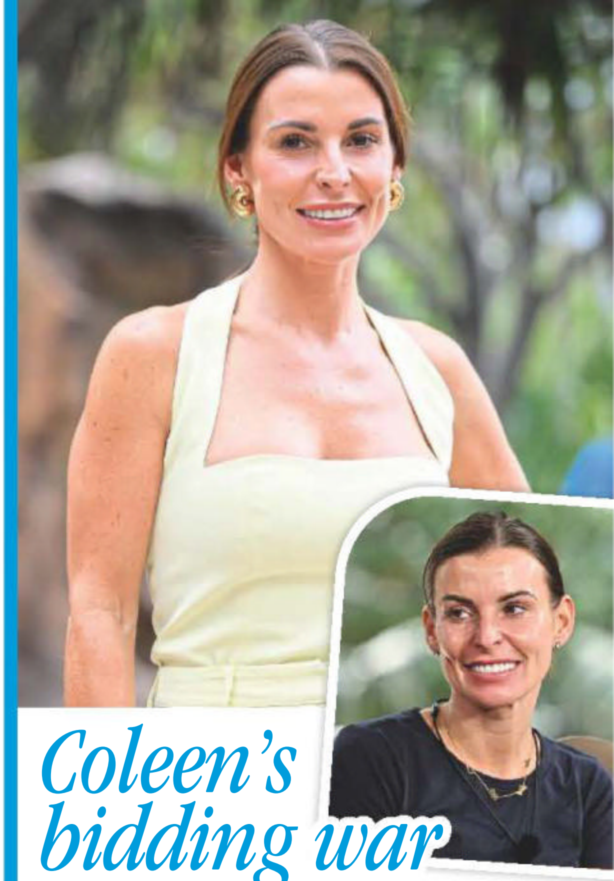
A source close to the couple confided that they would not be surprised if the royal couple took this time out to reaffirm their vows through a private spiritual healing and blessing ceremony, as Diana favoured.

Gemma: 'I want twins!'

Life as a stepmum is suiting Gemma Collins so well that the former *TOWIE* star has revealed that she's hoping to welcome two kids of her own in 2025.

The reality star, 43, shares a close bond with six-year-old Tristan, the son of her fiancé Rami Hawash. And speaking to *Bella*, Gemma opened up about how, after her brother gave her another nephew, she wants to add to the extended family herself.

'[We've] got all boys so the family are all waiting on me,' she said. 'I saw a fortune teller the other day and she told me I was going to have twins.'



Coleen's bidding war

She might not have won *I'm A Celeb*, but Coleen Rooney has come out of the jungle with a whole new fanbase – and heaps of career opportunities.

And insiders tell *Bella* that the WAG, 38, is now at the centre of a reality-TV bidding war, as networks desperately try to secure a show about life at home with her husband Wayne, 39, and their four sons.

A source said, 'The whole nation is obsessed with hearing about life inside the Rooney mansion. ITV are the frontrunners to get her for *Loose Women* and she would love to do it, but Netflix are coming in with some big money offers.'

DRAG PARTY!

Never one to do anything by halves, *Strictly Come Dancing* judge Craig Revel Horwood has opened up about his legendary New Year's Eve party plans.

He told *Bella*, 'It's normally swimwear. I heat the pool, and I do fireworks at midnight, and then after that, everyone goes in and has a swim. It's all bikinis and speedos in January. And then we have drag lasagne the next day, where everyone eats in drag.'

But while his guest list tends to reach 100, his fellow *Strictly* judges won't be attending. 'They generally stick with their families, which is probably a good thing,' he joked.

By Isobel Lewis. **Pictures** Getty Images, Samir Hussein/WireImage

WEEK IN PICS

Tom's a knitting hit!

Tom Daley is bringing his love of knitting to the small screen, as the host of brand-new crafting competition *Game of Wool*. The diver, 30, will present the Channel 4 series next year; think *Bake Off*, but for knitting.

Gold Sp
ma on
West M
Combin

Matchy-matchy

Twinning with another guest at a party can be embarrassing, but Alison Hammond, 49, and Judi Love, 44, saw the funny side when they both rocked up to an event in the same black lacy dress. Looking gorgeous, ladies!

Blue Ivy steps out

Blue Ivy Carter looked stunning in gold as she stepped out at the premiere of *Mufasa: The Lion King*. The 12-year-old voices the role of Kiara, Simba and Nala's daughter, in the film, and was joined by mum Beyoncé and dad Jay-Z.

HE LI K
THEATE MI

EXCLUSIVE

Ruth tells pals: 'Life begins after divorce'

How next year will be a new 'fun' chapter for the *Loose Women* star

Ruth Langsford is reportedly pushing for a 'quickie divorce' from husband Eamonn Holmes, with insiders telling *Bella* she's desperate to make their split official. 'The aim is for Eamonn and Ruth to resolve their divorce as quickly as possible in the New Year,' said a source.

As details of their separation emerge, it's been claimed that Ruth, 64, wants to stay in their £3.5m Surrey home, while Eamonn, 65, has already moved in with his new girlfriend Katie Alexander, 43, who was spotted wearing a ring on her ring finger during a romantic pre-Christmas trip to Paris. 'Eamonn has been talking openly about his plans to marry Katie and has made it clear he wants to spend the rest of his life with her,' reported a newspaper. 'She's given him a lust for life.'

'Ruth won't miss him one bit'

Ruth with Ant and Dec

In Australia with *Loose Women* pal, Jane Moore

On a recent episode of *Loose Women*, the panel were talking about the importance of 'divorcing well', to which Ruth loudly retorted 'Oh, tell me about it,' before cutting to an ad break. Earlier on in the show, the presenter said divorced parents who make their children choose sides were 'selfish' – which could be considered aimed towards Eamonn, with whom she shares 22-year-old son, Jack.

With so much going on behind the scenes of their 'bitter' split, sources tell *Bella* that Ruth's looking forward to a fresh start in 2025. 'Ruth has had a whirlwind year. She had the most amazing time in Australia [filming *I'm A Celeb* spin-off show *Unpacked*] and has offers flying at her for work. But personally, it's been very, very hard and upsetting,' the insider says. Despite her divorce, Ruth's priority is her beloved mum Joan, who was hospitalised mid-December after falling and breaking her pelvis days before her 93rd birthday. 'She's OK... ish, no surgery required thank goodness but she needs rest and time to heal now,' Ruth said.

The presenter is keen for a fresh start in 2025

Our source continued, 'Ruth will be spending the festive period with people who truly love her – she won't be missing him one bit. She'll toast the year out to a bitter

Rylan and Ruth are close

divorce and in with an exciting dawn of prospects in the New Year, and to being "free" from Eamonn.'

Once considered one of the strongest couples in showbiz, Ruth and Eamonn shocked the nation in May when they announced the end of their 27-year relationship – and 14-year marriage. While she continues to wear her wedding ring as a sign of respect until the divorce is finalised, insiders reveal that the ongoing drama, especially with Eamonn flaunting his new romance, has taken a toll on her. 'Ruth is tired of the divorce process and just wants it over and done with. She's mentally exhausted. She feels like it's 14 years wasted and the man she was married to is no more,' the source reveals. 'Ruth says it's soul destroying to be unpicking a marriage of 14 years. She doesn't recognise Eamonn any more.'

'She's ready for new adventures'

They add, 'She's very much over the "pity party" of him being pictured in the wheelchair and with his walker. As much as Ruth has tried not to take it to heart, Eamonn and the divorce does get under her skin.'

Ruth's appearance on *Unpacked* reportedly left Eamonn 'seething and hurt'. He and Katie made their red-carpet debut as a couple at a star-studded industry event while Ruth was in Australia, which some consider a very deliberate move.

Our source says Ruth doesn't like the 'narrative Eamonn is spinning'. 'He's making a total fool out of himself,' they add. 'She finds it embarrassing.'

'There is hope they can be friends for Jack's sake but at the moment, it's very raw and they're taking time out from each other and getting the divorce over with. They only talk through lawyers,' the source continues. 'There's a lot of mudslinging going on between the pair behind the scenes, but Ruth is letting her lawyer deal with all that.

'Eamonn's only got himself to blame for things turning bitter – he's brought this all on himself. Ruth is keeping it dignified. She absolutely holds him in contempt of going out of his way to cause as much upset as possible – despite her keenness to settle in goodwill and part on amicable terms.'

The insider reveals that Ruth is planning to celebrate her upcoming divorce with a huge night out with her friends, who have been her support network, including her TV 'son' Rylan Clark and Vanessa Feltz.

'On receipt over her being a free woman she's going to throw a party,' the source reveals. 'Ruth – who has Rylan and Vanessa as her emotional book ends – looks amazing and is taking work left, right and centre. [Her friends are] her armour and they give her great advice.'

The source reveals Ruth – who's told pals that 'life begins after divorce' – is excited about what the new year will bring as she moves on from her ex. 'Ruth's sass is definitely back. She's ready for exciting new adventures, and maybe a new man – but it will be very much on her terms.,' the insider says.

Eamonn and his new love Katie

By Shereen Low. **Pictures:** Shutterstock, Instagram

Kate: ‘Deter bou n

The star is mum to Billy and Darcey

The *GMB* star is looking for new work now her head is in a better place

After a rough 12 months, Kate Garraway is looking ahead to make 2025 her best year ever – and amid financial worries, the TV star is putting on a brave face. It was a heartbreaking start to 2024 for *Good Morning Britain*’s Kate, 57, who announced in January that her husband Derek Draper had passed away aged 56. The political lobbyist was left suffering from long-term effects after contracting COVID-19 during the pandemic – leaving Kate to become his full-time carer before his death.

Having spent the past 12 months returning to work and adjusting to life as a widow, Kate – who is mum to Darcey, 18, and Billy, 15 – is now getting ready to make next year her most successful yet.

A source reveals, ‘2024 has been the worst year of her life, so Kate’s

> ‘She’s refusing to give in’

Presenting on *GMB*

mined to nce back ext year'

hellbent on pulling herself out of this hole to lift herself back up. She's told friends she's determined to make 2025 a great year, in Derek's memory. She knows he's listening and willing her on.'

Earlier this year, Kate candidly revealed how Derek's round-the-clock care had left her with crippling debt. Reportedly owing around £2 million, Kate shared how she withdrew money from her pension to pay for substantial medical costs.

Opening up in her documentary, *Kate Garraway: Derek's Story*, the presenter shared, 'I have an incredible job that I love, which is well paid – but it's not enough.'

The debts have only grown. Earlier this month, reports surfaced that Kate's TV firm, Praespero 100 Ltd, had gone from huge profit to massive loss – with recently filed reports alleging the company is over £165k in debt.

And mid-December it was reported that Kate is closing another business she owned with Derek, Astra Aspera LTD which is currently being liquidated with debts of over £900k.

However, there is a lot coming up for the star and she is even hopeful about a potential role alongside her friend Ben Shephard on *This Morning*.

The source added, 'Kate is going to focus on getting more work next year. She has big financial worries, so she's chatting to ITV about new opportunities and will be going up for other big shows. Kate wants to work on *This Morning* with Ben Shephard – and they're going to be reviewing the show soon, so she's got her sights set on that. But she's also keen on being part of *Life Stories* and doing some more documentaries. Filming kicks off in January for her next series – it was hanging in the balance, but it's been given the commission to go ahead with a strong line of guests.'

As she navigates her next steps, the source adds that Kate is choosing to stay positive. They add, 'Kate has had some time to reflect, decompress and heal. Some days are OK, but others are lonely. Of course she isn't anywhere near fully healed, and probably never will be, but her head is in a better place now. Kate's refusing to give in.'

> 'Derek is willing her on'

Derek passed away earlier this year

Coleen and Michael on *Loose Women*

Coleen 'staying friends' with ex Michael

The *Loose Women* star has said goodbye to her Tinder love

The winter is a hard time to go through a break-up, but Coleen Nolan is determined to stay positive in the wake of her split from boyfriend Michael Jones.

The *Loose Women* panellist, 59, began dating Michael – a supermarket logistics worker – three years ago, after the pair met on dating app Tinder.

The couple were on-and-off early in their relationship, but in a new interview, the singer has revealed that she and Michael have now gone their separate ways.

'We've decided that we would rather just stay friends, take it as a friendship,' former *This Morning* host Coleen said.

'It's nothing to do with anyone else, it's nobody's fault. Michael came along at just the right time for me and I think over the last three and a half years we've helped each other grow.'

The Nolans singer now lives on a farm in Staffordshire with her daughter Ciara and Ciara's fiancé Max, and admitted that her busy work schedule had made dating difficult.

'I'm really busy and, when I'm not really busy with work, I'm busy on the farm and I feel personally that I can't give time to everything. We still get along great and hopefully we can continue to be friends, who knows?' she said.

While remaining friends with exes can be difficult, it's something Coleen has form in. She's still pals with her ex-husbands – actor Shane Richie, who she was married to from 1990 to 1999, and musician Ray Fensome, who she divorced in 2018. She shares two sons with Shane, and a daughter with Ray.

'I always choose to focus on the times that were great, not the sad ending,' she said, optimistically. 'The last two years of both my marriages were probably horrendous, but equally, the 10 years before were fantastic, so I'd rather focus on that.'

By Lottie Roberts. **Pictures** Getty Images, Shutterstock

LISA: 'I'm going to try and worry less in 2025'

The chef opens up about resolutions and her year gone by

On *Weekend Kitchen* with John

It has been a jam-packed but rewarding 12 months for chef and actor Lisa Faulkner. Looking back on the highlights, she admits they are mostly career-orientated, telling *Bella,* '2024 has been such a lovely year for work.'

Lisa, 52, and her husband, fellow culinary ace John Torode, 59, released their debut cookbook, *John & Lisa's Kitchen*, marked nine seasons of their Sunday morning show *John And Lisa's Weekend Kitchen,* and even travelled to Australia for an ITV food series.

In the wake of the scandal surrounding Gregg Wallace, Lisa was the bookies' favourite to replace him on *MasterChef*, the cooking show he co-hosted with John for almost two decades. However, this eventually went to restaurant critic – and show regular – Grace Dent.

Gregg stepped away in late November while multiple allegations of historical sexual misconduct against him were investigated – his team has vehemently denied any wrongdoing. Here, *Bella* catches up with Lisa – who has a daughter Billie, 18, with ex-husband Chris Coghill – about what the new year has in store, the importance of self-care, and how she and John factor in quality time together…

Working with Roman Kemp for the new Vodafone campaign

EASY AS PIE
EASY AS PIE

'John is a neat freak!'

What are you looking forward to in 2025?

We have a new series of *John And Lisa's Weekend Kitchen* coming out. It's so much fun, and we have such a great team. I am also in a drama [Netflix's *Missing You*] that's out in January, so all exciting things.

What else would you love to tick off work-wise?

John and I love working together. We don't do it all the time – people think we do, but we don't! It's really nice when we get to do filming, so I'd love to carry on doing our cooking show, maybe

She's had a very successful year

The TV duo wed in 2019

another book… We'd love to do another travel show too, we're thinking about where we could go.

What is the key to a successful marriage when you work together?

Different things work for different people, but I think the fact that we don't work together all the time means that when we do, we have a nice time. We look after each other, and we make sure we go on date nights or cook for each other. Both of us have always made the effort to listen, and we also like the same things, which helps.

Are you setting New Year's resolutions?

I always say I'm going to worry less. Whether I'll actually do that, I don't know, but I will try!

What are your plans on New Year's Eve?

It's one of my worst nights of the year. I don't like the feeling of the end of something. There is always so much pressure to have a good time, and I don't want to stay out late. I used to love that, but that's not me any more. I'd rather celebrate by cooking and going for a walk on New Year's Day.

Are you a stickler for routine in the New Year?

No. I think that routine and diets and all of that should not be embraced until January has gone. I think you need to look after yourself. 'I've got to get to the gym, and I've got to go running in the dark,' is just not conducive to me. I'd rather start all my resolutions in February.

> 'I very rarely get hungover'

What does self-care look like to you?

My days of self-care always start with a walk. I've been doing yoga since I was 28 and it's one of my favourite things. I also love a bath, and cooking for friends.

What's the best and worst gift you've ever received?

I've never received a really bad gift! My best Christmas gift was my engagement ring, because John and I got engaged on Christmas Day six years ago. It can't be topped! We were in India – that was our present to each other. I also bought him some yoga pants, but he bought me a ring. We woke up really early and because we were five hours ahead, I couldn't phone anyone at home to tell them the news at 5 o'clock in the morning!

Do you enjoy hosting at this time of year?

The thing I don't like is the cleaning up. Luckily, I have an amazing husband. He is so clean and such a neat freak that he will say, 'Don't worry, I'll do it all.' He will make it look like nobody's been there.

What is your hangover cure?

Coca-Cola, a banana and a packet of Quavers. I very rarely get hungover any more; I can't drink like I used to. John would say, 'Hair of the dog.'

Finally, tell us about your recent campaign...

It was really fun! Roman Kemp and I went to a pop-up shop and gave out the best pies to show it's 'easy as pie' to switch to Vodafone.

● *Lisa has teamed up with Vodafone to celebrate the launch of One Touch Switch, making switching to Vodafone's reliable Full Fibre Broadband easy as pie. For details, visit vodafone.co.uk*

By Millie Payne. **Pictures** IMAGO, Avalon.red, ITV, Instagram

2024's big s

January

After nearly three months away from our screens, viewers were delighted when Holly Willoughby returned to the spotlight to present *Dancing on Ice*. Fans had been awaiting her return since she quit *This Morning* the previous October, days after security guard Gavin Plumb was arrested for attempting to kidnap the star. It was a good start to the year for singer Sophie Ellis-Bextor too, whose song *Murder on the Dancefloor* returned to the Top 10 for the first time in 22 years, thanks to the movie *Saltburn*. Things were more challenging for the royals however, with the news that both the Princess of Wales and the King had been admitted to hospital for surgery. Fergie also announced that she had been diagnosed with malignant melanoma, a form of skin cancer. The Duchess of York said she was 'grateful for the many messages of love and support'.

By Sophie Barton. **Photos:** Getty, Shutterstock, Instagram

February

Friends, family and a host of stars gathered to remember Derek Draper at his funeral. Kate Garraway led tributes to her late husband, who had passed away weeks earlier after a long battle with Covid-19. In heart-wrenching scenes their daughter Darcey, 17, helped carry her dad's coffin, while Kate clutched son Billy's hand. There was more heartache for the royals this month, as Buckingham Palace revealed that the King had been diagnosed with an undisclosed form of cancer, following hospital treatment for a benign prostate enlargement. 'He remains wholly positive about his treatment,' said Buckingham Palace.

March

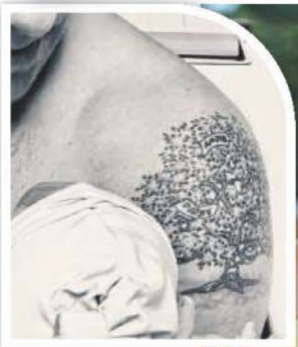
The Princess of Wales sent shockwaves round the world this month, when she revealed she too was battling cancer. In a video statement Kate, 42, explained that it was discovered that cancer had been present following planned abdominal surgery, and that she was having preventative chemotherapy. 'William and I have been doing everything we can to process and manage this,' she said. 'It has taken us time to explain everything to George, Charlotte and Louis in a way that is appropriate for them, and to reassure them that I am going to be OK.' In happier news, Cat Deeley and Ben Shephard began their long-awaited stint presenting *This Morning*, and Ryan Gosling was nominated for an Oscar for playing Ken in *Barbie*.

stories

We round up the year's news

May

They were considered one of the strongest couples in showbiz, but in May Eamonn Holmes and Ruth Langsford dropped the bombshell that they were splitting after 27 years together. Eamonn had previously hinted that his health problems, which limit his mobility, had caused tension. 'It's been very difficult,' he said. 'Even my own family are bored of my moaning. It has caused some strain and Ruth is fed up of hearing about it.' In happier news, Ant McPartlin and wife Anne-Marie Corbett announced the birth of son Wilder Patrick. 'Baby is beautiful, Mummy's a legend,' Ant said.



April

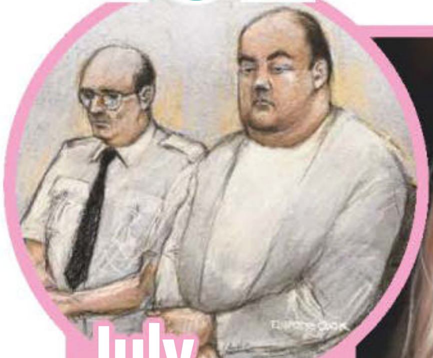
April was a month for celebrations, with Peter Andre welcoming his fifth child into the world. Arabella (Belle for short) is his third baby with doctor Emily MacDonagh, whom he wed in 2015. Pete also has Junior, 18, and Princess, 16, with ex Katie Price. Singer Olly Murs and his wife Amelia Tank also became parents to daughter Madison. Meanwhile, the *Good Morning Britain* presenters celebrated a whopping 10 years of the show, and the stars united for Victoria Beckham's 50th birthday party. The Spice Girls even performed an impromptu rendition of *Stop*, along with the famous dance routine, and Posh was later piggybacked into a cab by husband David.

June

To the joy of royal fans, the Princess of Wales made her first public appearance of the year, at the Trooping the Colour. 'I am making good progress, but as anyone going through chemotherapy will know, there are good days and bad days,' she said. Meanwhile, Prince William scored major dad points when he celebrated his 42nd birthday at a Taylor Swift concert, alongside Charlotte and George. They even posed for a selfie with the singer, who was on the UK leg of her phenomenally successful Eras tour. *Rivals* star Emily Atack also gave birth to her first child, Barney, this month, while Jamie and Jools Oliver celebrated their 24th wedding anniversary by renewing their vows at Graceland Wedding Chapel in Vegas. Heartbreakingly, TV presenter Dr Michael Mosley passed away on the Greek island of Symi, after going missing.

Continued over the page...

2024's big stories contin



July

Holly Willoughby has had a tough couple of years, and things came to a head in July when security guard Gavin Plumb was sentenced to life for planning her kidnap, rape and murder. Plumb, 37, had created a 'kidnap kit' which included handcuffs, 400 metal cable ties, leg shackles, a pocketknife and chloroform. Meanwhile, *Strictly Come Dancing*'s troubles snowballed, when dancer Graziano Di Prima was dropped from the show following allegations he had mistreated dance partner Zara McDermott. The show had already faced controversy, after complaints from actress Amanda Abbington that she had been bullied by her 2023 dance partner, Giovanni Pernice. The BBC later upheld some, but not all, the complaints.

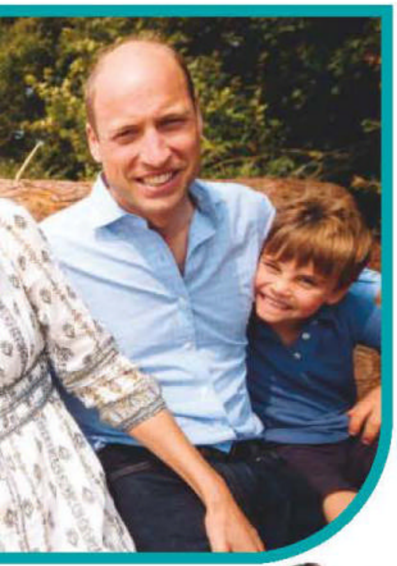
September

Much to the joy of fans, the Princess of Wales gave a positive health update. Speaking in an emotional video, showing the family on an outing in the countryside, she said, 'I cannot tell you what a relief it is to have finally completed my chemotherapy. The last nine months have been incredibly tough for us as a family.' September was also a time of celebrations for *Downton* star Joanne Froggatt, who gave birth to her first child. Days later she paid tribute to co-star Dame Maggie Smith, who sadly passed away aged 89. 'Thank you Maggie, for always being supportive and kind to me, for putting many a smile on my face with that sharp wit that no one could match,' she said. Meanwhile, love was in the air for Eamonn Holmes, who was snapped on a cruise with his new girlfriend, Katie Alexander.

August

Vicky Pattison officially put a ring on it when she married Ercan Ramadan at London's Marylebone Town Hall. 'A week ago today we became The Patti-Rams officially... and it was the most perfect day we could have ever asked,' she gushed. Celebrations were certainly in the air, because singer Adele also confirmed her engagement to sports agent Rich Paul, and Lorraine Kelly became a grandmother, when daughter Rosie had baby Billie. However, it was sad news for J.Lo, who ended months of speculation when she filed for divorce from Ben Affleck. The singer filed legal documents just over two years after she and Ben married in Las Vegas, and exactly two years to the day from their larger ceremony with friends and family.

ued...



October

The world was rocked by the tragic death of One Direction's Liam Payne, when he fell from a hotel balcony in Buenos Aires aged just 31. 'Liam was not only a pop star and celebrity, he was a son, a brother, an uncle, a dear friend and a father to our seven-year-old son [Bear]' said his devastated ex-girlfriend, Cheryl Tweedy. Despite King Charles's ongoing cancer treatment, he and Queen Camilla undertook a jam-packed tour of Australia and Samoa, squeezing in up to 10 engagements a day. Although the trip was shortened so Charles would only miss one of his weekly treatments, it reportedly gave the King a new lease of life.

By Sophie Barton. **Pictures** Stills Press/Alamy Stock Photo /PA Images/Ken McKary/ITV/Shutterstock/Alan West/Hogan Media/Victor Aubry/SIPA/Chris Jackson/Pool

November

An emotional Princess of Wales made a milestone return to duty, as she joined William, King Charles and the Duchess of Edinburgh for the Remembrance Day service at London's Cenotaph. Despite suffering its fair share of controversy, *Strictly Come Dancing* continued to wow viewers with dazzling themed episodes and standout performances. Sadly though, a tearful Amy Dowden was forced to pull out of the contest due to a stress fracture on her shin. It was Amy's first season back on *Strictly* since getting the all-clear from breast cancer in February. Fans of *I'm a Celeb...* were shocked to see Coleen Rooney don jungle gear. The 38-year-old mum of four was said to have been paid the highest fee in the show's history.

December

Last but not least, December finally rolled around and with it came plenty of news. *Loose Women* treated their fans to a 25-hour talkathon to celebrate 25 years on the air. Over on the BBC, a different beloved show lost a familiar face this month, as *MasterChef*'s Gregg Wallace, 60, stepped down amid allegations of inappropriate sexual behaviour – which he has denied. Royal watchers worried over Queen Camilla, 77, as she scaled back royal appearances while battling pneumonia. And musical fans finally got to see the much-anticipated film adaptation of *Wicked* – well worth the wait!

Loose Women

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- Our King's incredible return to the throne after a difficult year
- The family's personal photo album, remembering the highs and lows of their tumultuous year

PLUS, we celebrate Christmas the royal way with our inspiring fashion, beauty, home and gift ideas for the holidays

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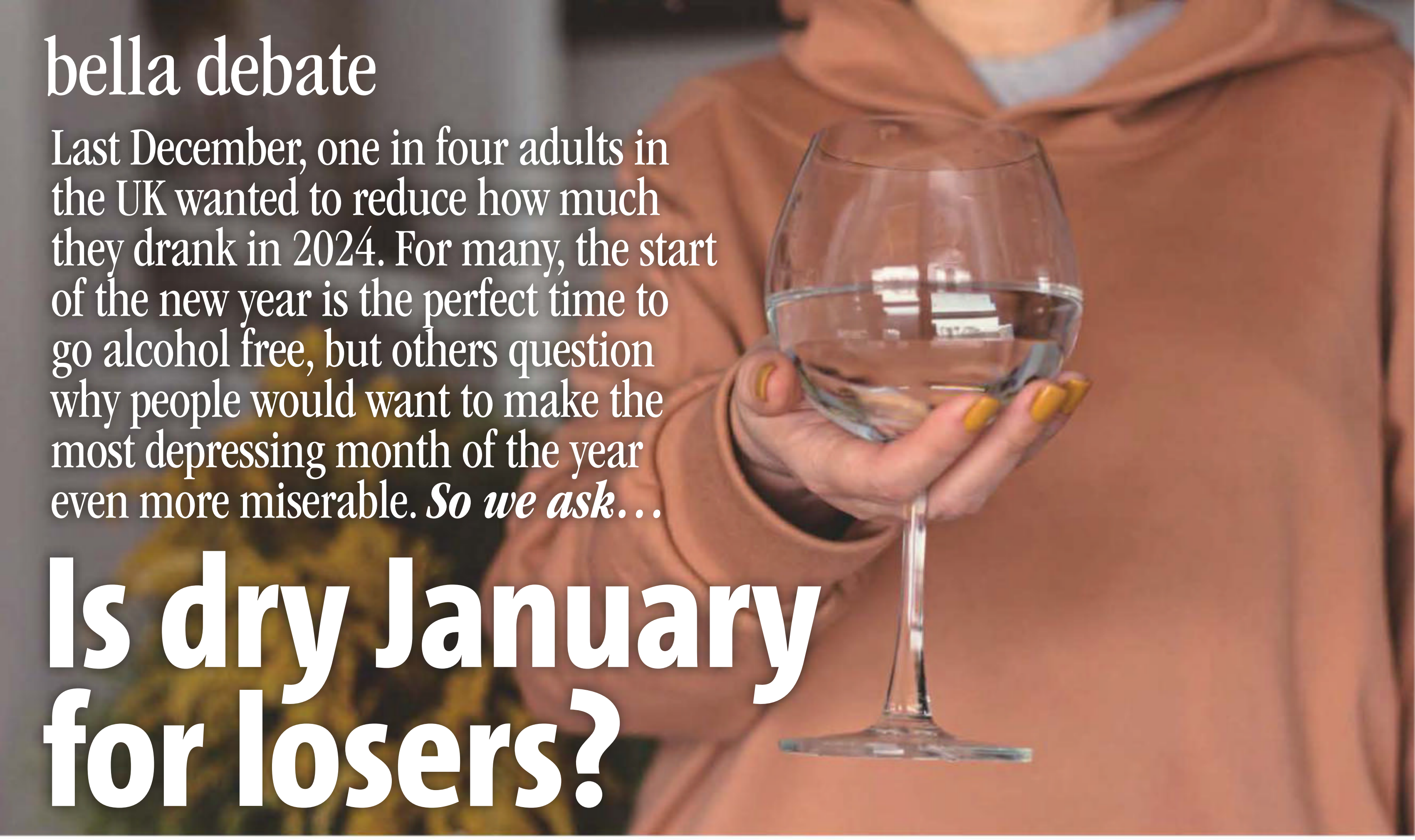


bella debate

Last December, one in four adults in the UK wanted to reduce how much they drank in 2024. For many, the start of the new year is the perfect time to go alcohol free, but others question why people would want to make the most depressing month of the year even more miserable. ***So we ask…***

Is dry January for losers?

No

'It will send your mental health soaring'

Claire McAteer, 38, journalist and yoga teacher

There was a time I would have eye-rolled at someone if they'd tried to get me to do Dry January. 'All my best nights out involve booze!' I'd say. And drinking in January helps beat the post-festive blues, right?

However, over time I've totally changed my attitude – and my shift came when I became a parent. The enforced break from booze for nine months (something I was dreading) was enlightening. I slept better, I thought more clearly and I was always fresh in the morning.

Now, getting pregnant is quite a commitment to try the benefits of alcohol-free life, but that's why Dry January is awesome. You get all the benefits of dabbling in sobriety without the little bundle of responsibility and no sleep!

Once you've got over the fact you can't crack a bottle of wine at the end of the day, you'll try other things – maybe a yoga class or wrapping up warm for a sunset walk.

You can still go to social events too. There's zero-alcohol beers that actually taste good now, so you can still feel part of the party and wake up without a hangover.

And that's the real game-changer. No beer fear, wine anxiety or bad food choices to ease your thumping head – for a whole month.

It will send your mental health soaring, and you'll save money too! It also doesn't have to be forever – I still drink now. But a change is as good as a rest, so I'd say give it a whirl.

Yes

'One month of all-or-nothing won't be effective'

Kate Godfrey, 54, writer

There are people out there who struggle with their relationship with alcohol. Others with conditions which preclude drinking. For fit, healthy individuals who drink sensibly, to boast about 'completing' Dry January is almost trivialising addiction and the seriousness of the condition. Don't turn a serious issue into a look-at-me, I'm so good humblebrag.

Perhaps the initiative is well-intentioned, but individuals who struggle with alcohol dependency must despair at virtue-signalling social media updates during Dry January.

Some may feel that Dry January is a start; a way to reset drinking habits, improve your health and economise after the festive season. Again, those who drink sensibly just don't need to abstain.

One month of all-or-nothing won't be effective. It could even be counterproductive, encouraging a return to excessive drinking after January. This cycle could reinforce unhealthy drinking patterns rather than solve them. If you know you've overdone it at Christmas, ease off a bit. Be a grown-up and use your common sense.

SHARE YOUR VIEW ...with Bella online at **bellamagazine.co.uk** or on **facebook.com/bellamagazineUK**

By Paula Costas, **Pictures** Shutterstock

‘My best friend was killed on Boxing Day’

Christina now

Christina Lofthouse, 43, was enjoying the festivities when a phone call changed her life forever

Emma was tragically killed

When I walked into the classroom of my new school aged 11, a blonde girl smiled at me so I made a beeline for her. Her name was Emma and instantly we hit it off, becoming inseparable, but when she moved to another school shortly afterwards we lost touch.

Then a few years later, in 1997, I was walking around college on my first day when I heard a familiar voice call out my name. ‘Emma?’ I said, turning around to see her blonde hair. We ran towards each other and fell into a hug.

It was like no time had passed and we became inseparable again, she was the yin to my yang. I was outgoing and extroverted, while Emma was shy and much quieter.

Three years later, I introduced her to my friend, Lee, 21, and they fell head over heels. After college, they went travelling together before settling down and getting married in 2006. she fell pregnant and gave birth to a daughter and, two years later, I found out I was pregnant with my first child. When I told Emma, she had a smile on her face – she was pregnant too! It was so special to go through our pregnancies together, we even had matching bumps.

Her husband Lee with their daughters

Emma gave birth to her daughter and three weeks later, in August 2009, I had my baby girl too. Our daughters became the best of friends as they grew up.

Then suddenly, in 2011, Emma said, ‘We’re moving to Australia.’ Even though I was happy for her and Lee, I was devastated. She was like a sister to me and I couldn’t imagine being thousands of miles apart. As their leaving date drew closer, I agreed to wave them off at the airport, but I knew I’d find it too heartbreaking. The night before their flight, I went to help them pack the last of their things. ‘See you tomorrow,’ I said when I left, but a few minutes later, I pulled my car over and took out my phone. *That was our goodbye. I wanted us to say farewell with smiles on our faces. I’ll miss you so much*, I texted her. ‘You stole my goodbye!’ she exclaimed when she rang me, although she understood why.

> ‘You stole my goodbye!’

After she left, we did our best to feel close despite the distance, speaking on the phone regularly and texting every day. Then four

Christina and Emma were inseparable

years after she'd left, in 2015, Emma came back for my hen party. We had a blast, but saying goodbye again was just as difficult.

In 2018, I'd saved enough to get a flight to Australia and took my two eldest children. Emma and I cherished our time together. 'You should move here and live next door,' she said.

Four years later, I took all my kids to visit and, one afternoon, while out shopping, I bought a little devil charm for my bracelet. On the day I was leaving, Emma handed me a tiny box and inside was an angel wings charm. We joked that out of the two of us, I'd be the devil and she'd be the angel, so she'd bought it to balance me out. During the drive to the airport, we held hands the whole way. I was already planning my next trip to see her.

Two months later, Christmas Day rolled around and I was woken groggily by a FaceTime call from Emma and her girls, all excited. As usual, we messaged each other throughout the day.

Then on Boxing Day morning, one of my daughters put on a koala face mask I'd bought for her in Australia. 'I need to send Auntie Em a pic,' I said, snapping a photo, and Emma replied with a heart emoji. But later that night, I received a text from Emma's eldest daughter. *Have you heard what's happened? We were burgled and Mum's dead*, it read. It was so bizarre that I thought her phone must have been hacked, so I messaged Emma to tell her. Seconds later, Lee called me. 'I've got something to tell you,' he said, 'Emma's dead.' I was stunned as he explained that two intruders attempted to burgle their house, but he and Emma confronted them.

'I've got something to tell you'

Lee had been stabbed but thankfully his wound wasn't severe and he'd been released from hospital. But Emma had been stabbed in the heart and was killed. I broke down sobbing, as Lee explained the attacker was a 17-year-old, who had been arrested. I couldn't believe Emma was gone. My husband took down the Christmas decorations immediately because it didn't feel right having them up any more.

Over the following days, I found out more details. Emma and Lee had been woken by their dogs barking, just after midnight. One of the intruders stabbed Lee and kicked him in the head and stomach. As the four of them scuffled on the front lawn, one of the burglars stabbed Emma in the heart with an 11cm blade. Then the two males ran off. Paramedics arrived and performed heart surgery on her as she lay on the front lawn. She was rushed to hospital, but was pronounced dead. I couldn't believe my sweet, innocent friend had been killed so callously. I flew to Australia for the funeral where she was cremated and I wore my little devil and angel bracelet.

In 2024, the teen who stabbed her pleaded guilty to murder and was sentenced to 14 years in prison. The second intruder was later found guilty of burglary and assault. A judge-only trial heard it had been accepted the second defendant, aged 17 at the time of the burglary, did not stab anyone himself. Legally, they can't be named because they were under 18 when the crime happened, but where is the justice? Emma was just 41 when her life was cruelly and senselessly taken.

Before she was killed, we'd been watching a Netflix series, *Firefly Lane*, about two best friends, one was brunette and loud, the other was blonde and quiet. We'd text each other about each episode because it was like seeing ourselves on screen. When more episodes came out after Emma died, I watched it alone. Then I pulled out my phone and texted Emma to tell her I'd finished it. It brought me comfort to message her number, even though I knew I'd never get a reply. It's been two years since I lost my best friend and Boxing Day will always be the worst day of my life. But now, I look at the angel on my bracelet and know Emma has her wings. She'll always be with me.

By Safia Yallaoui

'I lost 10st after MY NEW YEAR DISASTER!'

BEFORE
21st 5lb
Size 28

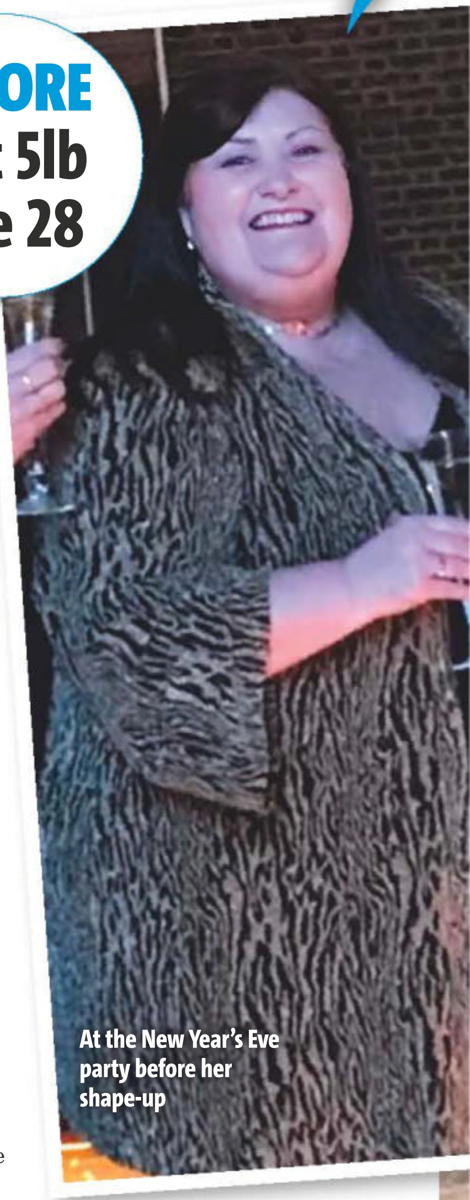
After a humiliating night out, Jo Hurley, 51, was determined to take action…

When I was a teenager, I was always larger than my friends. I wore a size 12 to 14 compared to my friends in their slinky size 8 to 10s. My mum, Joy, cooked proper meals like roasts and lasagne from scratch, but I would then snack on crisps, peanuts and chocolate.

When I reached my twenties, I got even bigger, fluctuating between a size 14 and 18 and weighing up to 14 stone, which was far too large for my 5ft 2in frame. I'd cook a spaghetti Bolognese, but I'd eat a huge portion, followed by cheese, crisps and chocolate. By the time I was in my 40s, I'd married Alan and my habits seemed stuck fast. My health was also deteriorating, and I suffered terribly from heavy, painful periods. They got so bad that in March 2018 I had an endoscopy in hospital, where a camera was inserted inside me.

During the operation, the camera accidentally perforated my womb, although I didn't know it at the time. I was discharged the same day but back home in Harlow, Essex, I was doubled over in pain. 'I think I must be just very sore from the operation,' I said to Alan. He took one look at me and realised it was serious so he called an ambulance. I was given antibiotics at hospital and told my womb had been perforated and that I'd contacted sepsis. 'I can't believe it,' I said to Alan in tears. The infection was so serious that I ended up having to stay in hospital for a whole year.

During that time, I needed three further operations as surgeons struggled to control the infection. Eventually, there was no other option but for me to have an emergency hysterectomy. By the time I was well enough to go home, I was having terrible mood swings because my hormones were all over the place and I was


At the New Year's Eve party before her shape-up

She struggled with her weight

Jo has turned things around

She feels incredible now

AFTER
11st 5lb
Size 12-14

diagnosed with depression and put on antidepressants. I'd lost a couple of stone in hospital, but it didn't take long for it to return, and then some.

I had the attitude that, because I'd almost died, I could now do whatever I wanted – which meant that I could eat and drink to my heart's content. I'd polish off a huge plate of roast chicken with all the trimmings and now I was drinking wine too. Rarely going out, I saw alcohol as my crutch, and I washed everything down with up to three bottles of wine each night. By now I weighed over 21 stone and was a dress size 28 and had developed a terrible pain in my side.

‘I'm now a new person’

When I went to the GP, I was told I needed a hernia operation that could only go ahead if I lost weight. ‘We can offer you weight-loss surgery,’ the doctor said. ‘You need to get your BMI down and a gastric sleeve would be an option.’ I went home feeling worse than ever because the last thing I wanted was another operation after everything I'd been through. As I was weighing up my options but not doing anything about them, 2021 was approaching. Alan had booked for us to go to a dinner and dance at a hotel in Norfolk for New Year's Eve, something I was dreading. But I didn't want to disappoint him, so I put on the only smart thing I had – a size 28 black top and trousers.

As we walked into the dining room, I wanted the ground to swallow me up. All around us were women half my size but at least 30 years younger than me, boogying away on the dance floor in tiny, sparkly dresses. ‘They all look so much nicer than me,’ I said to Alan. I sat down deflated and didn't get up again the whole evening as I couldn't face anyone looking at me. When the evening was over and we went upstairs to bed, I decided there and then never to let myself feel like that again. I hated the thought of going into another year unhappy.

I knew if I wasn't going to have surgery, I'd have to lose weight by diet alone and the first diet plan that sprang to mind was LighterLife, which I'd read about online. I signed up soon after and was upset, but not entirely surprised, to see I weighed 21st 5lb. I was allowed four meal replacement packs totalling just 600 calories a day. It wasn't hard to give up the wine once I realised how calorific it was, so I was happy to swap it for three litres of water each day. I couldn't believe my eyes when I lost 10 pounds in the first week.

I continued to lose weight steadily, and my focus meant I was never tempted to fall back into bad habits. Ten months later I stepped on the scales and was over the moon when I weighed 11st 5lb – I'd lost 10 stone! I went ahead and had the hernia operation, which was a success.

After that there was only one other thing I really wanted to do… The following New Year, in 2022, we went back to the same hotel but this time I wore a new size 14 sparkly gold dress. As I hit the dance floor, a woman come up to me. ‘You look so lovely,’ she said. ‘No wonder you're dancing.’ I couldn't stop smiling.

Now I'm a LighterLife counsellor myself as I want to help others. My New Year's Eve shock was mortifying, but it spurred me into action and led me to become a brand-new person. I couldn't be more proud of myself.

DIET BEFORE

BREAKFAST Four pieces of toast and jam
LUNCH Sandwich, crisps, chocolate, latte
DINNER Large portion spaghetti bolognaise, wine
SNACKS Crisps, chocolate, cakes

DIET AFTER

BREAKFAST Poached egg and avocado on sourdough toast
LUNCH Cup A Soup, crackers, cheese
DINNER Fish, boiled potatoes, veg
SNACKS Popchips

By Helen Garston

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ONE DRESS, FIVE WAYS!

Shimmer and shine at every occasion

Date night

Jacket, 6-18, River Island, £69

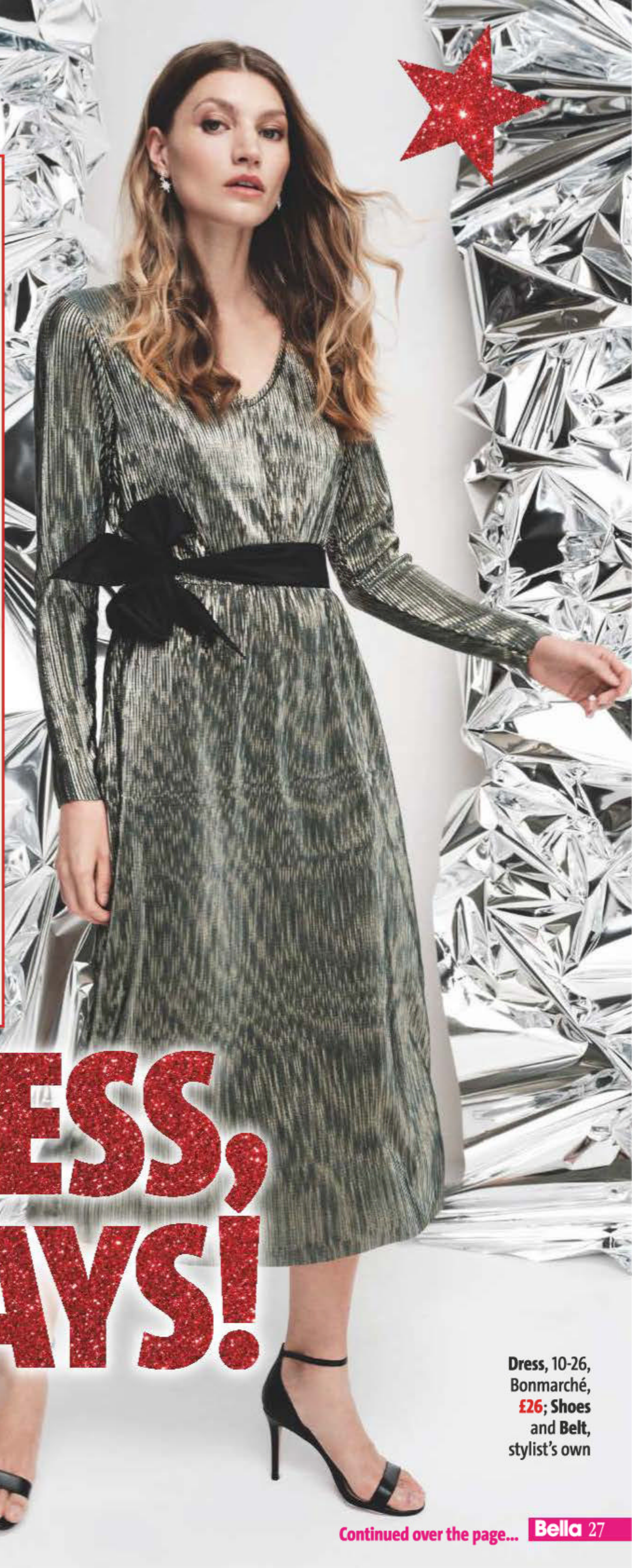
Amp up the glam factor with this plush faux-fur jacket, which looks – and feels – more expensive than it is!

Rings, Primark, £4 for pack of three

Necklace, H&M, £9.99

Bag, Accessorize, £35

Heels, Zara, £49.99



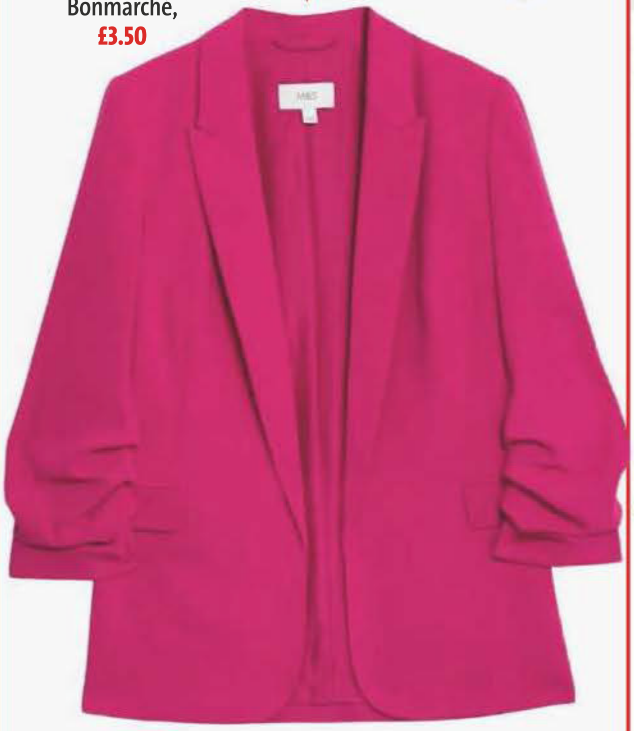
Dress, 10-26, Bonmarché, £26; **Shoes** and **Belt**, stylist's own

Continued over the page...

Visiting Family

Earrings, Bonmarché, £3.50

Necklace, Orelia, £28



Blazer, 6-22, Marks & Spencer, £49.50

Keep things feeling chic with this bright blazer – which will also look great with jeans for a day in the office

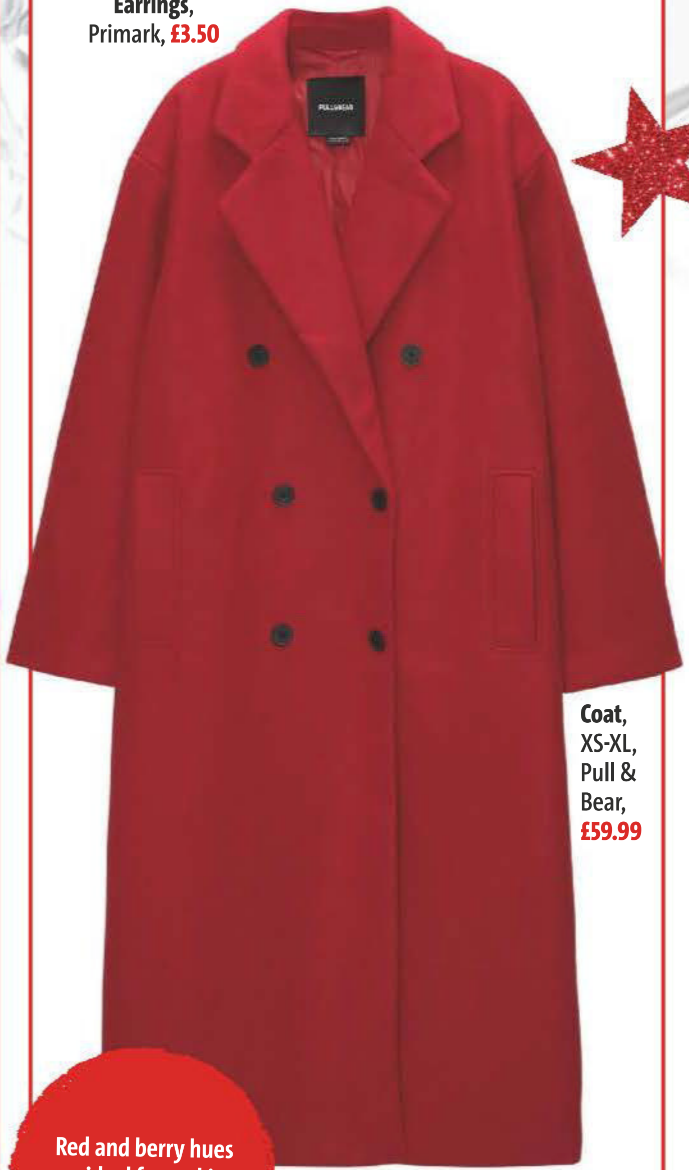
Bag, Mango, £35.99

Heels, Linzi, £34.99

Lunch With Friends

Earrings, Primark, £3.50

Belt, Zara, £25.99



Coat, XS-XL, Pull & Bear, £59.99

Red and berry hues are ideal for making this metallic style feel more casual

Bag, Matalan, £15

Boots, Tu at Sainsbury's, £30

Dress, 10-26, Bonmarché, £26

New Year's Day

Cardigan, 6-22, Next, £39

Earrings, H&M, £9.99

Necklace, Peacocks, £4

Keep things feeling cosy with an embellished cardigan paired with trendy flats

Bag, Marks & Spencer, £45

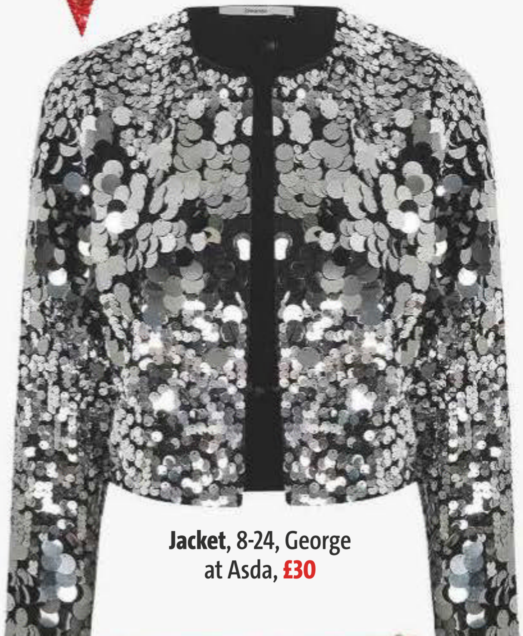
Shoes, New Look, £25.99

Midnight Magic

Rings, Lovisa, £10 for pack of three

Earrings, Monsoon, £18

Nothing says 'Happy New Year' like sequins! This cropped jacket is ideal for jazzing up almost any outfit



Jacket, 8-24, George at Asda, £30

Heels, Primark, £16

Bag, Katie Loxton, £29.99

Compiled by Cigdem Tanrioglu

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The ultimate festive finishing touches

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By Ella Shire

Party VS Pamp

Going out

Luscious Locks

Living proof.
full
dry volume & texture spray
ANDREW FITZSIMONS
FANTASY CURLS
BELLISSIMA

When it comes to a big night out, you can't beat glamorous, bouncy curls. To create a red-carpet worthy look, generously apply **Andrew Fitzsimons Detangler Spray, Anti Frizz & Heat Protectant, £11.50,** onto your tresses before styling. Not only will it provide plenty of heat protection, it also defines curls while banishing frizz. Next, wrap sections of hair around a wide-barrel curling tong, like **Bellissima Italia Glam Waves Curling Wand, £129.99,** which features an L-shaped handle to make styling feel easier than ever. Finish by raking your hands through your new waves before misting **Living Proof Full Dry Volume & Texture Spray, £16,** to lock your style in place while adding some extra oomph.

NIVEA
EXPERT LIFT
CELLULAR
SHEET-MAS
PURE BAKUCHIO
ORIGINS
GINZING
Brightening Eye Cream
it
BYE BYE REDNESS
CENTELLA + PEPTIDE

Skin Saviours

Central heating and alcohol can leave your skin feeling dehydrated. Give thirsty skin a serious moisture surge by applying **Nivea Cellular Expert Lift Sculpting Sheet Mask, £3,** after cleansing. Formulated with hydrating hyaluronic acid along with plumping bakuchiol, the mess-free mask will create a soft, youthful-looking complexion in just 10 minutes. Wake up tired peepers with a brightening eye cream. **Origins GinZing™ Brightening Eye Cream, £30,** is packed with vitamin C and niacinamide to instantly eradicate dark circles. If the winter weather has you looking more red than usual, apply **IT Cosmetics Bye Bye Redness Serum, £27,** to soothe and support your skin's barrier while neutralising those scarlet tones.

Body Boosters

If you've been neglecting your limbs, then now is the time to switch things up. Start by buffing away dead skin cells. **Tropic Body Smooth Refreshing Polish, £24,** incorporates sea-salts with golden jojoba oil to gently exfoliate and can be applied all over the body. After showering, lather **Sanctuary Spa Signature Collection Wet Skin Miracle Moisturiser, £9,** onto wet skin for a moisture surge that will last for up to three days. Create a golden glow for the big night by rubbing on a small amount of **Sol de Janeiro Rio Sunset Bronze Glow Oil, £35.** The illuminating formula combines a light-reflecting shimmer with coconut oil, which will leave legs looking flawless.

RIO SUNSET
SOL de Janeiro
TROPIC
BODY SMOOTH
refreshing polish
SANCTUARY SPA
Wet Skin Miracle Moisturiser
200ml e 6.7 fl oz US

er

See in the new year with these beauty routines...from just £3!

Make-up Marvels

Once your face has been moisturised and prepped, it's time to get to work on your make-up. To create a flawless base, apply a few drops of **Bobbi Brown Weightless Skin Foundation, £25**. The long-lasting formula features a tri-moisture complex to leave skin appearing healthy all night long. For an easy, shimmering eye, bag yourself **No7 Pro Artist Eyeshadow Palette Lights Camera Action, £16.95**. Start by sweeping the sheer white shade over your eyelids, before applying darker tones to define your peepers and make them pop. Finally, top off with a sweep of **Trinny London Just Joyous High Shine Lipstick in Paris, £36,** for a sumptuous, glossy pout.

No7
BOBBI BROWN
Weightless Skin Foundation SPF 15
New Launch

Words: Cigdem Tanrioglu. **Photography:** Paul Buller. **Hair & Make-up:** Eloise Parker, **Model:**Karen at MOT Models

Staying in

SLEEP
apothecary
Fragranced with:
Lavender / Eucalyptus /
Jasmine

Sweet Dreams

A good night's sleep will instantly transform your complexion – especially during the busy festive period. Help your mind wind down by incorporating calming scents into your evening routine. **Rituals The Ritual Of Jing Sleep Foaming Shower Gel, £9.90,** utilises sandalwood and lavender to soothe limbs, leaving you feeling silky smooth and ready for bed. Meanwhile **Neom Perfect Night's Sleep Overnight Facial Cream, £45,** infuses calming chamomile with repairing ceramides to restore skin while you sleep. For those who really struggle to switch off, try spritzing **M&S Apothecary Sleep Pillow Mist, £7.50,** on to your pillow and allow notes of jasmine and eucalyptus to lead you into a serene slumber.

NEOM
PERFECT NIGHT'S SLEEP
OVERNIGHT FACIAL CREAM
NEOM
PERFECT NIGHT'S SLEEP
OVERNIGHT FACIAL CREAM

STRUCTURE
REPAIR
LEAVE IN CREAM
L'ORÉAL
PARIS
ELVIVE
NEW
BOND REPAIR
RESCUE PRE-SHAMPOO
RECREATES INNER
BROKEN HAIR BONDS
12%
BOND REPAIR
CITRIC ACID
COMPLEX
FOR ALL TYPES OF
DAMAGED HAIR
JOHN FRIEDA
LONDON PARIS NEW YORK
FRIZZ
ease
miraculous
recovery
REPAIR & RENEW
NIGHT LOTION

Hair Repair

From using heated tools to changing up our colour, party season can leave strands feeling dry, damaged and brittle. Treat your tresses to **John Frieda Overnight Miracles Repair & Renew Hair Lotion, £7.99,** which visibly renews and hydrates hair while you sleep. Take things up a notch on wash day, by applying **L'Oréal Paris Elvive Bond Repair Pre-Shampoo Treatment, £15.99,** before shampooing. Powered by a citric acid complex, the pre-wash mask will strengthen strands on a molecular level. After cleansing and styling, smooth one to two pumps of **Maria Nila Structure Repair Leave In Cream, £24,** onto ends to seal the hair's cuticles, leaving you with healthier, more manageable tresses.

Body Revival

Give tired limbs and creaky joints some much-needed love by massaging in a nourishing body scrub. Containing grapefruit, cypress and eucalyptus, **ESPA Detoxifying Salt Scrub, £40,** will deeply exfoliate skin while drawing out toxins from within. Follow by slathering on a healthy helping of **Aveeno Skin Renewal Smoothing Cream, £14.99,** a gentle oat-infused cream that helps maintain a healthy, natural microbiome balance. For an extra bit of TLC, grab a massaging tool, such as **The Body Shop Total Body Relaxer, £12,** and gently rub it over sore limbs for an easy DIY massage.

ESPA
DETOXIFYING
SALT SCRUB

Aveeno
SKIN RENEWAL
SMOOTHING CREAM
300ml

Glow Getters

Late nights and sugary foods can leave your skin looking lacklustre. Luckily, there are plenty of products that will have you glowing in no time. **Elemis Superfood Glow Cleansing Butter, £35,** utilises fermented pumpkin enzymes and acerola cherry – both of which are rich in AHAs – to gently remove dirt and grime from pores. Another fruity pick is **Ella & Jo The Glow Up Enzyme Mask, £31,** which features exfoliating fruit acids along with brightening vitamin C to rejuvenate dull complexions. Don't forget about your body! Enriched with shea butter and ginger root, **Q+A Vitamin C Body Cream, £10,** will leave limbs glowing while notes of sweet orange provide an energy boost.

Q+A
VITAMIN C
Body Cream
Ella & Jo
THE GLOW UP
ENZYME MASK
DESIGNED & CREATED WITH LOVE BY CHARLENE FLANAGAN AND NIAMH RYAN
ELEMIS
Superfood
GLOW CLEANSING BUTTER

By Cigdem Tanrioglu. **Pictures:** Paul Buller, Hair & Make-up: Eloise Parker, Model: Karen at MOT Models

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A BRAND-NEW TRUE-CRIME PODCAST FROM THE MAKERS OF THE BESTSELLING MAGAZINE
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ALL EYES *On You*

Perfect your party peepers

Enhance your eyes with these mesmerising shades. The party-ready palette features champagne, berry and rose-gold hues in satin-matte, shimmer and metallic finishes. No matter your eye colour, they will make you dazzle. **Charlotte Tilbury Luxury Palette in Walk Of No Shame, £46**

Try a colourful eyeliner to give your eyes extra impact. NYX's powerfully pigmented pencil provides 36 hours of waterproof, smudge-proof and fade-proof colour, so you can stay looking flawless all night long. **NYX Professional Makeup Epic Wear Long Lasting Liner Stick in Magenta Shock, £7**

No look is complete without a kit of trusty tools. This miniature set is perfect for travelling and on-the-go touch-ups. It features four eyeshadow brushes with a handy pouch to keep them safe. **Iconic London Handbag Glam Eye Brush Set, £26**

Always remember to curl your lashes before applying mascara to help give them lift. Tweezerman's expertly crafted curlers are designed to enhance the shape and curvature of your natural lashes for a wide-eyed look. **Tweezerman Rose Gold Classic Lash Curler, £18**

Take your lashes to new heights with a plumping mascara that curls and lengthens each lash for unbeatable volume and dramatic definition. It's intensely pigmented too, to deliver a fabulously bold flutter. **Maybelline Mascara Lash Sensational in Very Black, £9.99**

Ensure your under-eyes look luminous with a radiance-boosting mask. 111SKIN's eye patches deliver a clinical-grade dose of brightening ingredients to help banish dark shadows and plump fine lines and wrinkles. **111SKIN Rose Gold Illuminating Eye Mask, £12**

The secret to an eye-catching look is prepping your lids with a primer. Urban Decay's formula ensures eyeshadow doesn't crease, smudge or slip off. It absorbs oils and creates a smooth canvas for make-up. **Urban Decay Eyeshadow Primer Potion, £21**

Add definition with a jet-black eyeliner. Whether you prefer a feline flick or bold wing, this nifty tool has an ultra-fine tip to create sharp and precise lines. It's waterproof too, providing budge-proof wear for up to 24 hours. **Too Faced Better Than Sex Easy Glide Waterproof Liquid Eyeliner, £22.50**

Compiled by: Emma White

7 ways to look and feel fabulous now

Easy tricks to tackle festive overindulgence!

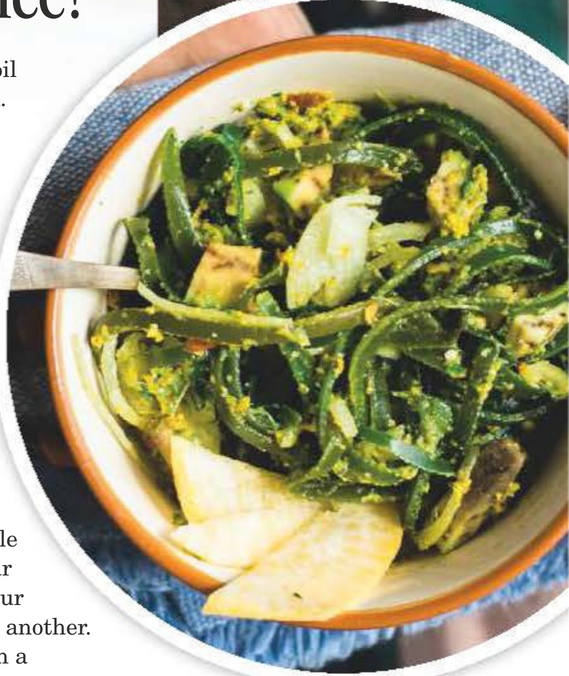
If you've been overindulgent this festive season then you'll love our special tricks to help you debloat, lose puffiness, get glowing skin and streamline your figure.

1 Be a clever eater

'It's not just the food we eat, but the way we consume it that can cause bloating, puffiness and our skin to look dull,' says Debbie Grayson, Pharmacist and Nutritional Therapist (digestionwithconfidence.co.uk). She recommends trying the following three things to help improve your digestive system and leave you glowing. Have a starter of a bitter salad before main meals, with veg like rocket, asparagus and chicory – it's the secret way to reduce post-meal digestive issues. Avoid tea or coffee with meals as these can prevent iron absorption, which can leave you feeling and looking tired. Stop dining 'al-desko' too, we need a relaxed digestive system for it to work properly, so eat your food mindfully and slowly.

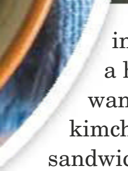
2 Try the bloat massage

Alison MacColl, Professional Aromatherapist and Natural Perfumer (complementyourhealth.com) suggests the following massage routine to help ease bloating. 'Mix a small drop of peppermint essential oil with 5ml grapeseed oil. Pour onto your hands, then rub together to warm them up. Apply the oil to your abdomen, with flat hands, in a gentle clockwise circle, avoiding the belly button, for 12 circles. Clasp your flat hands onto your lower abdomen, then stroke outwards around the lower back, applying 12 gentle pressure circles on your lower back, keeping your fingers pointing to one another. Repeat the 12 circles in a clockwise direction over the abdomen to finish. Do this routine three times. This is a great activity for the evening, after your dinner.'



3 Give fermented foods a go

'Probiotic-rich fermented foods, like kimchi, sauerkraut, kefir and pickles, boost gut health by balancing gut bacteria, which helps reduce bloating and inflammation while promoting a clear complexion,' says Sarah Stannard, Health and Well-being Coach (sarahstannard.com). She advises starting with small servings, around one to two tbsp daily, then over time you can



increase to a quarter to a half a cup per day if you want. Enjoy sauerkraut or kimchi in salads, as a side or as sandwich toppers, and use kefir or probiotic yogurts in smoothies or breakfast bowls. Naturally fermented pickles (check for no vinegar on the ingredient list) are great as a snack, or in salads. A small amount daily is better than lots sporadically as probiotics thrive on regular consumption.

4 Help your liver

'Glutathione, a powerful antioxidant, plays a crucial role in detoxification, immune system support and reducing oxidative stress, which affects the way the skin ages. Bloating, puffiness and poor skin quality are all signs the liver needs more help. Eating certain foods can help boost your glutathione levels,' says Grayson. These include those rich in sulphur, like kale, spinach, eggs, onions and leeks – try a spinach omelette for breakfast. Getting enough amino acids from protein is key; aim for 25g protein at each meal. Foods high in selenium also help glutathione reduce oxidative stress. Brazil nuts are an excellent source; just two a day can help you get a healthy glow.

5 Balance your fibre

A less-than-healthy diet can make you prone to bloating, constipation and diarrhoea, but so can suddenly eating loads of fruit and veg if you're on a health kick. The trick is to get fibre balance to help support your digestive system and weight-loss. 'Adults in the UK need 30g of fibre per day. But don't go straight from eating hardly any to 30g a day. You want to add fibre but avoid bloating. See how many grams you're currently managing, and gradually build up over a few weeks,' recommends Sarah Abdulla, Dietitian at The Slimming Clinic (a doctor-led personal weight-loss centre, theslimmingclinic.com). For example, in week one she suggests topping your breakfast cereal with berries, in week two add salad to your lunch and in week three add tinned veg to your pasta sauce.

6 Try an exercise and drink combo

'If you're bloated, gassy or constipated then get your body moving! Movement stimulates the digestive tract and improves gut motility,' says scientist Natalie Shanahan, who works in fitness and nutrition (check out her Instagram @nataliernpt). She particularly recommends abdominal movements like seated twists, bicycle crunches and the cat-cow yoga pose. For extra effect, try hydrating post-exercise with a cup of dandelion tea. 'It's a natural diuretic, so helps flush out excess water and toxins, reducing bloating and puffiness. Plus, it supports liver detoxification, which can do wonders for your skin,' advises Hannah Trueman, Senior Nutritionist at Body Fabulous Health Clinic (mybodyfabulous.co.uk). Try one to two cups a day.

7 Dress slimmer

If you're feeling a little heavier, you may battle to find ways to feel stylish and comfortable and be worried about how to get a great New Year party look. It's time to ditch clothes with tight waistbands! Susie Hasler, award-winning personal stylist (styledbysusie.co.uk) says all-in-one jumpsuits are a brilliant option. Not only do they suit all body shapes, but they are great for hiding a bloated tummy, especially if you opt for a patterned style. They look great with trainers, plus you can dress them up with a bright lippie and earrings.

By: Julia Smurthwaite. **Pictures:** Shutterstock, Getty

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

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FROM DOMESTIC NOIR AND POLICE PROCEDURALS TO COSY CRIME, THE WORLD OF CRIME FICTION OFFERS WRITERS OPPORTUNITIES TO TELL STORIES THAT ENTERTAIN READERS AND REFLECT THE WORLD WE LIVE IN. Following the phenomenal success of our 2023 competition – which saw three writers receive agency representation – Orion Fiction, A.M. Heath literary agency and *Crime Monthly* magazine are back with Criminal Lines 2024, offering you the chance to have your work read by some of the top names in the industry, including bestselling authors Nadine Matheson and Trevor Wood.

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One winner will receive a cash prize of £3,500 and secure agent representation at A.M. Heath. Your agent will work with you to get your novel ready for publication, and it will also be read by the editors at Orion Fiction, who will offer feedback to help you gain that all-important publishing deal. One runner-up will receive a year's worth of mentoring and feedback from the editors at Orion Fiction.

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It doesn't matter if you're writing a whodunnit, locked-room mystery, tartan noir or psychological thriller, all your novel needs to do is have 'criminal intent'. It also doesn't need to be finished yet – we are looking for the opening 5,000 words, plus a synopsis of the whole novel of no more than 1,000 words. For full rules, submission details and to enter, head to the website at www.amheath.com and click on 'Criminal Lines'. Entries are now open and will close on 7 February 2025.

CRIMINAL LINES

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ORION

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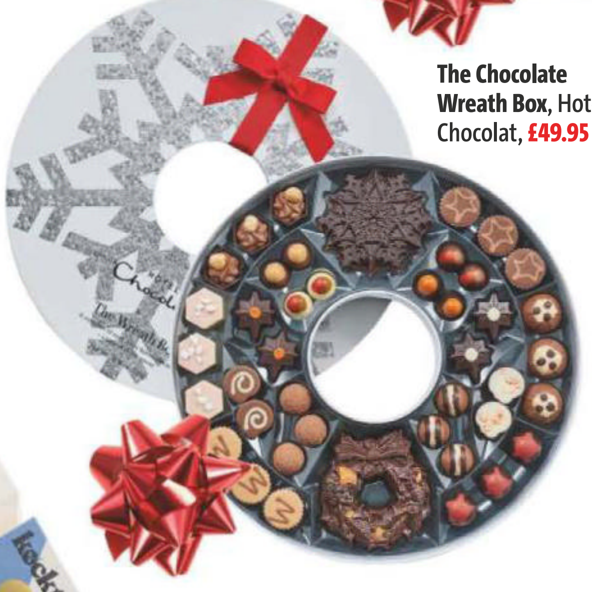
Thank you very much!

Treat the host over the festive season with a lovely gift

Winter Warmer Cupcakes, Lola's, **£22.50**, box of six

Lindt Lindor Irish Cream Truffles, Asda, **£4.50**

Cartwright & Butler Mince Pies, John Lewis, **£10**



The Chocolate Wreath Box, Hotel Chocolat, **£49.95**

Baileys Chocolate, £16.50, Waitrose

Chocolates and Single Malt Whiskey, John Lewis, **£7.50**

Kocktail Negroni Cracker, John Lewis, **£8.50**

Farhi Chocolate Raisins, Selfridges, **£12.99**

The Best Cremant de Limoux Rose, Morrisons, **£12.50**

Nocciolato Panettone, M&S, **£20**

Maltesers White Truffles, Tesco, **£5.75**

Catherine's Originals Vegan Chocolate Selection, Amazon, from **£13.50**

Vegan

Finest Sticky Toffee cookies, Tesco, **£8**

By Carly Honeyfield

Food for friends

Elevate an ordinary gathering into a truly unforgettable one with these Insta-friendly snacks

Pappadum chippies

Serves 4-6 *Takes* 20min, plus cooling

- **60ml vegetable or sunflower oil**
- **4 curry leaf sprigs, leaves picked**
- **120g ready-to-eat pappadums**
- **1tbsp curry powder**
- **Salt and freshly ground black pepper**
- **300g Greek yogurt**

TO TOP

- **Mango chutney**
- **Fresh coriander**

1 *Preheat the oven to 220°C/fan 200°C. Line a baking tray with baking paper. Heat the oil in a large frying pan over a high heat. Have a piece of paper towel laid out nearby.*

2 *When the oil has a real good quiver, get the tongs – this will happen fast. Fry the curry leaves in the hot oil until crisp, around 20sec, then transfer them to the paper towel. Take the oil off the heat to cool a little.*

3 *Spread the pappadums over the baking tray. Stir the curry powder into the oil and pour over the pappadums. Toss and rub to coat, let them break up a little – it's fun, get your hands in there.*

4 *Bake the pappadums until properly golden and fragrant, about 5min. Remove from the oven, give everything a little season with salt and freshly ground black pepper, then leave to cool and crisp up.*

5 *Spoon the yogurt into a bowl and top with some mango chutney. Give it a good season and little swirl. Top with torn coriander and fried curry leaves. Scoop the yogurt with the pappadums and be on your way.*

Beanbag chips

Serves 2-4 Takes 15min

- 1tbsp freshly ground black pepper
- ½tsp chilli powder
- 2tsp onion powder
- 2tsp garlic powder
- 165g salted crisps
- 100g salted peanuts
- 4 makrut lime leaves, thinly sliced (or use zest of 1 lime)
- 1 long red chilli, sliced
- Olive oil spray
- 2 limes
- Salt (optional)

1 *Preheat the oven to 220°C/fan 200°C. Line a baking tray with baking paper. Combine the pepper, chilli, onion and garlic powders in a bowl.*
2 *Spread the crisps, peanuts, lime leaves and chilli in the tray. Spray with some olive oil.*
3 *Sprinkle the spice mix over the top and give it all a good toss to coat. Bake until the crisps are golden and shiny, about 5min. Grate lime zest over the lot, taste and add a bit more salt if needed.*

KEEP TH
TIMES RO
MORTADELI
EST. 2021

Continued over the page...

Salami napkins

Serves 6-8 Takes 15min

- 2tbsp extra-virgin olive oil, plus a little extra for drizzling
- 200g sourdough bread, torn into small chunks
- 2 garlic cloves, crushed or finely chopped
- Zest of 1 lemon
- 80g sultanas
- Salt and freshly ground black pepper
- 350g goat's cheese
- 100g fennel salami, thinly sliced
- 120g pitted green olives, torn or sliced

1 *Heat the oil in a large frying pan over a medium-high heat and fry the bread until golden.*
2 *Add the garlic and toss to unlock the smell. Take the pan off the heat and mix in the lemon zest and sultanas. Have a little bready nibble and season with salt and pepper.*
3 *Spread the goat's cheese over a serving plate. Fold the salami on top to look all three-dimensional (or keep on the side). Scatter over the toasty bread and olives. Scoop it all up with the salami.*

Sticky nuggies

Serves 4-6 Takes 30min

- 1kg frozen chicken nuggets
- 100g honey
- 200ml hoisin sauce
- 2tbsp sriracha, plus extra to serve
- 4cm piece ginger, peeled and finely grated
- 3 garlic cloves, finely grated
- Zest and juice of 1 lime

TO TOP

- Toasted sesame seeds
- Sliced spring onion
- Kewpie mayo (see Tip)

1 *Preheat the oven to 220°C/fan 200°C. Line a baking tray with foil and spread the nuggets out on the tray. Bake until golden, about 18–20min, turning halfway.*
2 *Add the remaining ingredients to a small saucepan and bring to the boil over a high heat. Reduce the heat to medium-high and simmer until reduced and sticky, about 4–6min.*
3 *Tip the nuggets onto a serving platter or leave on the tray. Pour the sauce over the nuggets and toss to coat. Top with sesame seeds and spring onion and serve with kewpie mayo and extra sriracha.*

HAPPY HOUR
SNACKS
BEC VRANA DICKINSON

Tip

Kewpie mayo is made with egg yolks and not whole eggs, so it's richer than standard mayo. You can use regular mayo instead, it will still be a superior snack!

These recipes are taken from ***Happy Hour Snacks* by Bec Vrana Dickinson** (Hardie Grant, £18.99)

Edited by: Angela Romeo. **Recipes:** Bec Vrana Dickinson. **Photos:** Chris Chen.

Easy tipples

Add a touch of class to any soirée with these fuss-free cocktail recipes

Tip

Garnish with a sugared rim on the glass.

Champagne cocktail

Serves *1* *Takes* *5min*

- **30ml brandy**
- **2 dashes of angostura bitters**
- **Champagne, to top up**

1 *Pour the brandy into your coupe or flute glass, add the bitters, then top up with Champagne.*

Continued over the page...

Citrus punch

Serves 4 *Takes* 5min

- **100ml vodka**
- **250ml citrus fruit juice**
- **250ml alcoholic ginger beer**
- **Ice cubes**

1 *Add all the ingredients to a pouring jug (pitcher), or punch bowl with ice, stir and serve.*

2 *If you want a single serve: Fill a highball glass with ice and pour in the vodka and fruit juice. Top up with ginger beer, stir and serve.*

Tip

Top with an orange, lemon and lime sunset – half slices of lime, lemon and orange.

Margarita

Serves 1 Takes 5min

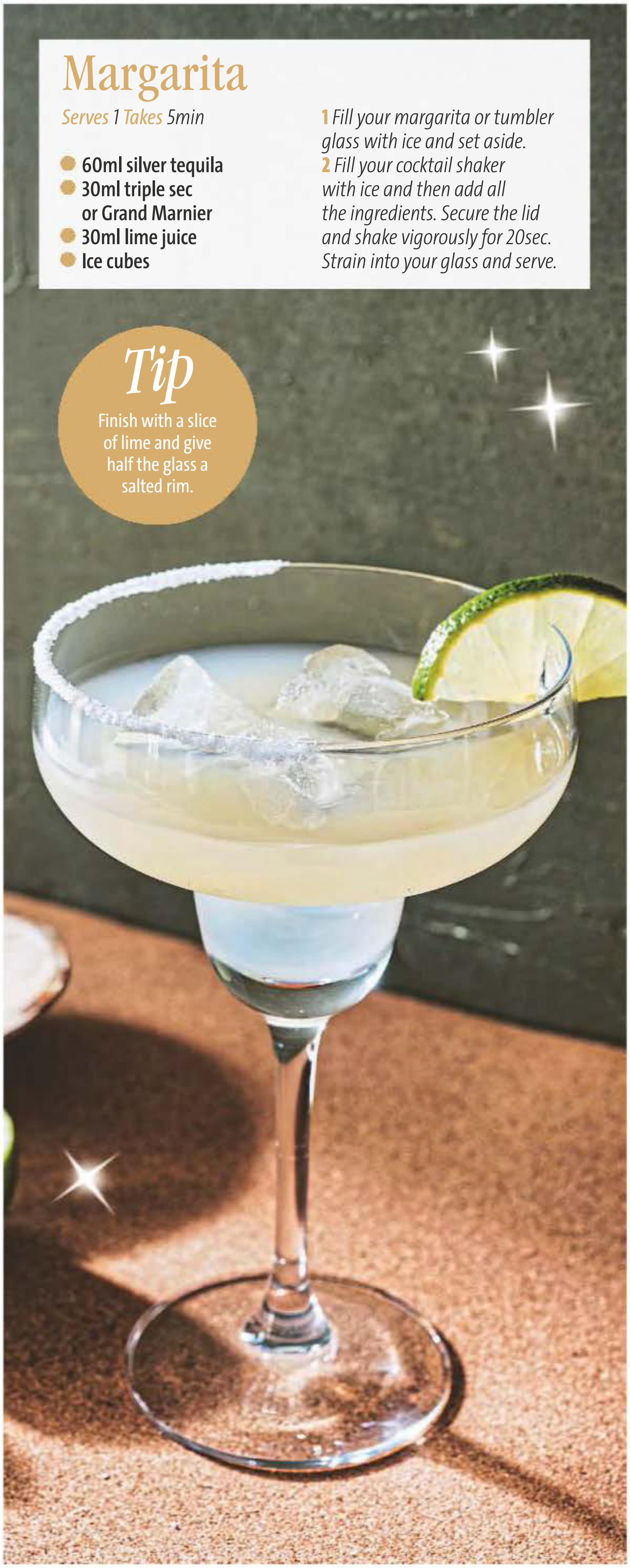
- 60ml silver tequila
- 30ml triple sec or Grand Marnier
- 30ml lime juice
- Ice cubes

1 Fill your margarita or tumbler glass with ice and set aside.

2 Fill your cocktail shaker with ice and then add all the ingredients. Secure the lid and shake vigorously for 20sec. Strain into your glass and serve.

Tip

Finish with a slice of lime and give half the glass a salted rim.



Hail Mary

Serves 1 Takes 5min

- 30ml vodka
- 3 dashes of Worcestershire sauce
- 100ml spicy tomato juice
- Ice cubes

1 Fill your highball glass generously with ice. Pour in the vodka and add the dashes of Worcestershire sauce.

2 Top up with the tomato juice, stir well and serve.

Tip

Decorate with a stick of celery, a large prawn, a lemon wedge and rim with celery salt. I have left out the original's call for hot sauce and horseradish and used a spicy tomato juice – a cheat's way of getting all those flavours in at once.

Kate Calder
3 INGREDIENT COCKTAILS

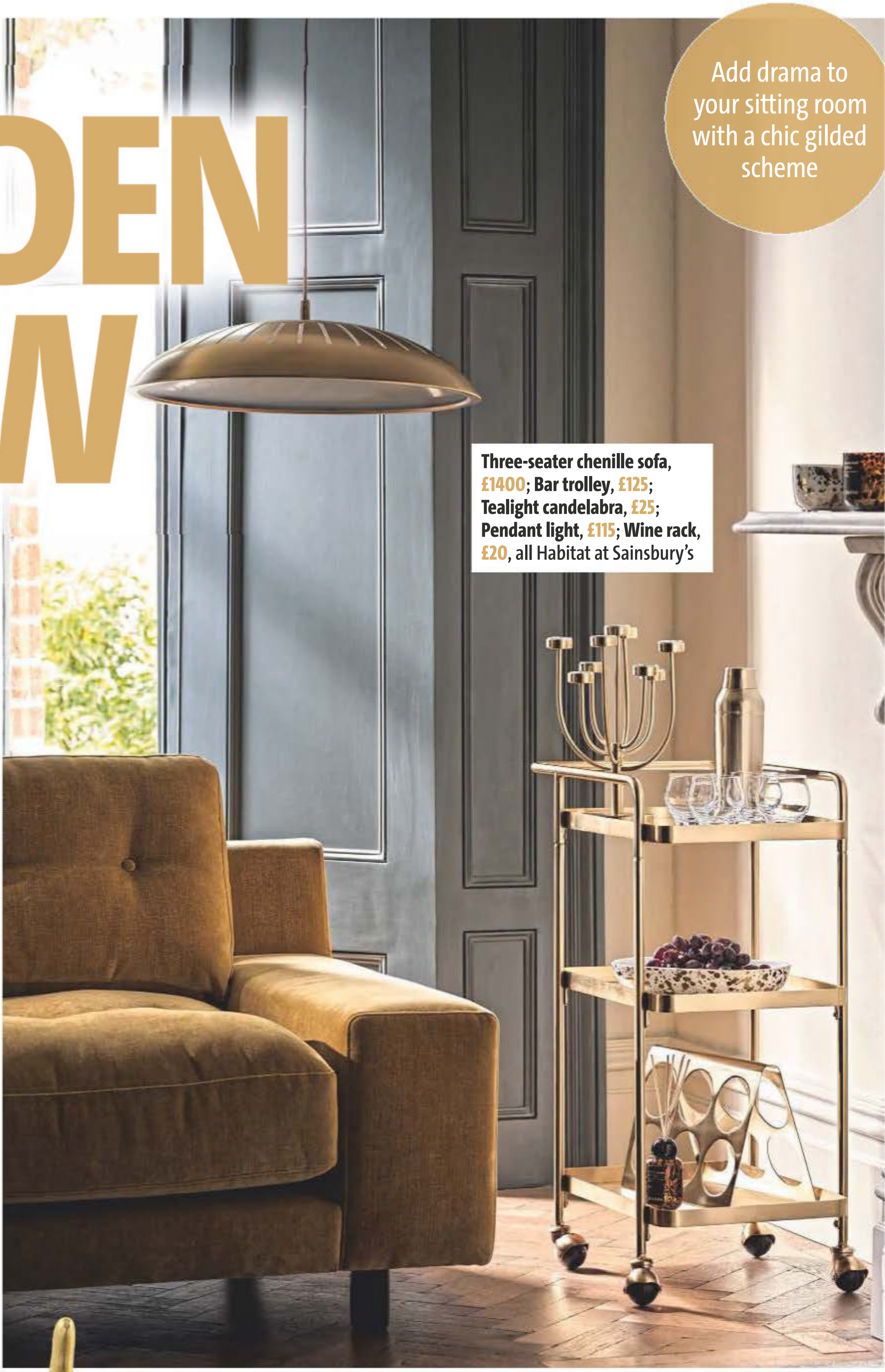
These recipes are taken from ***3 Ingredient Cocktails* by Kate Calder** (Hardie Grant, £14.99)

Edited by: Hayley Merrick. **Recipes:** Kate Calder. **Photos:** Haarala Hamilton

GOLDEN GLOW

Introduce some glamour and glitz to your home with this shimmering shade

Add drama to your sitting room with a chic gilded scheme



Three-seater chenille sofa, £1400; **Bar trolley**, £125; **Tealight candelabra**, £25; **Pendant light**, £115; **Wine rack**, £20, all Habitat at Sainsbury's

Celestial globe, B&M, £10

Twisted flute, TK Maxx, £1.99

Golden painting No1 poster, Desenio, £11.17

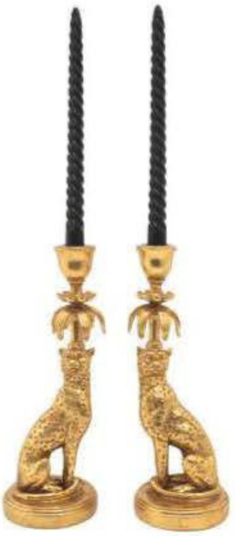
Gold rock on hand, Audenza, £20

Gold wire storage basket, Primark, £5

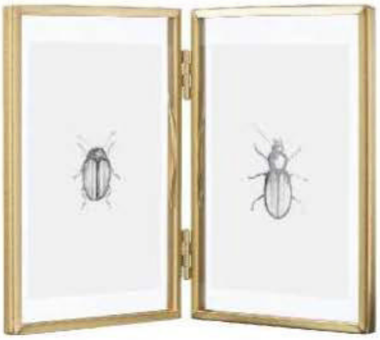
Cake stand, John Lewis, £25

By Zoe Bishop

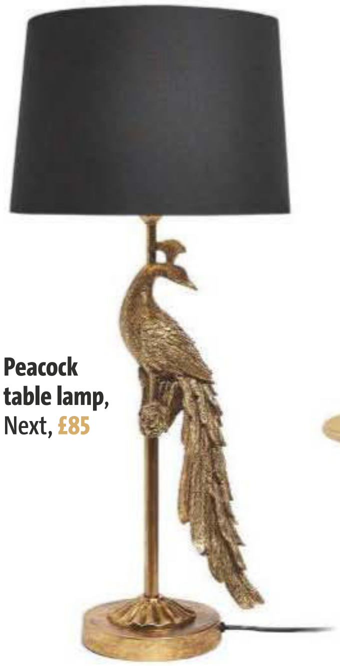
hab
KITCHEN
FABRICS C
CHINA&G
FURNIT



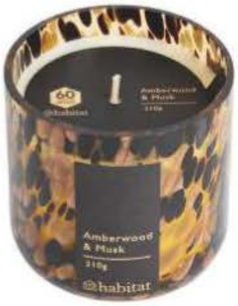
Gold Leopard candleholders, madisonandmayfair.com, £34.99



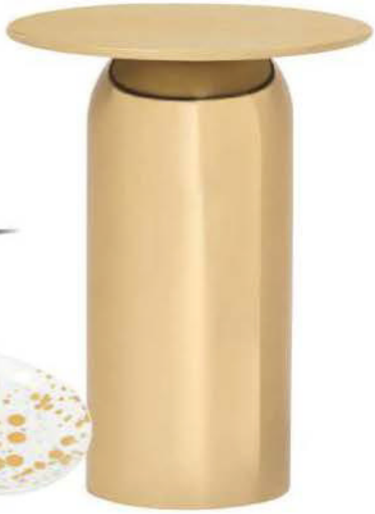
Lerboda frame, Ikea, £4.50



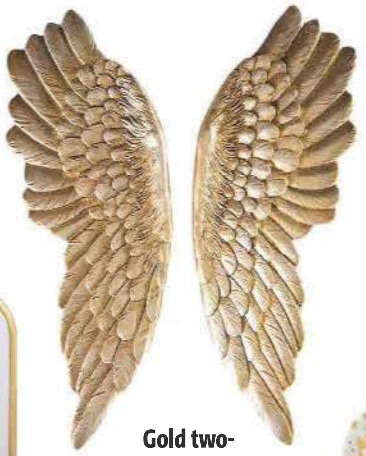
Peacock table lamp, Next, £85



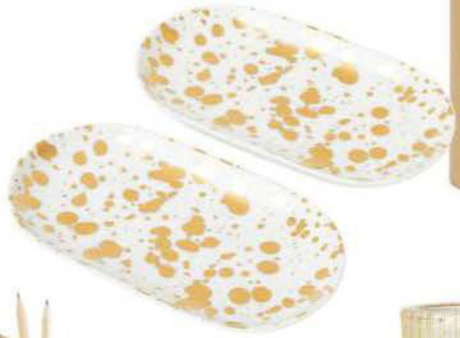
Amber wood and musk candle, Habitat, £12



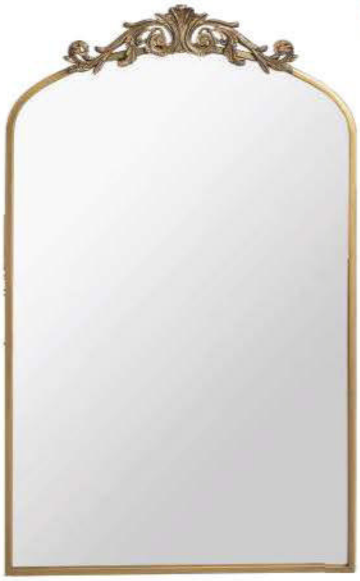
Roman side table, Habitat, £50



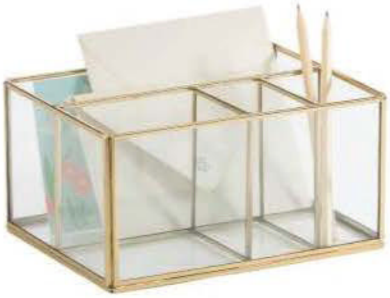
Gold two-tone wings, George Home, £15



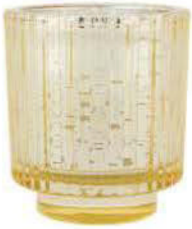
Jackson cake plates, Habitat, £8 for two



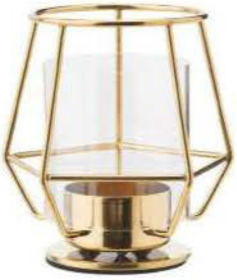
Neo classic mirror, TK Maxx, £29.99



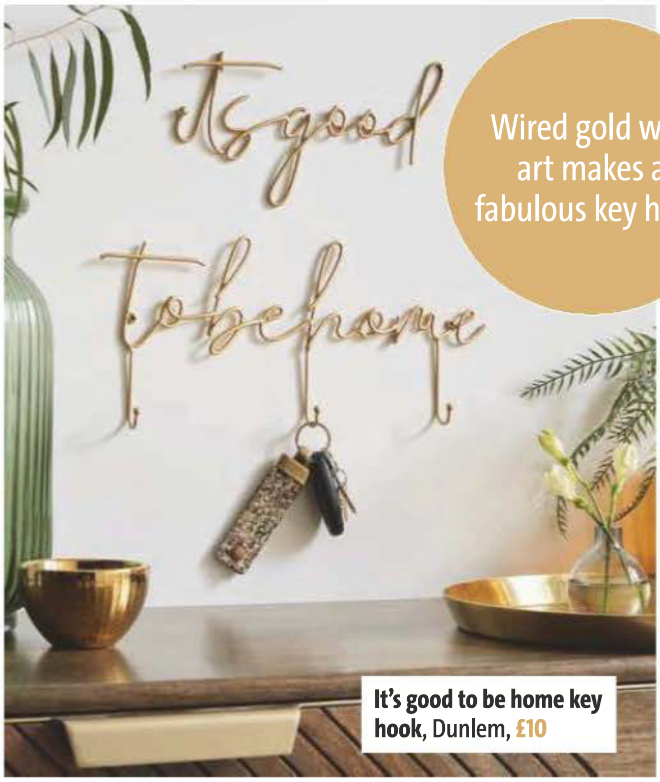
Uyova desk tidy, La Redoute, £30



Tealight holder, Primark, £3

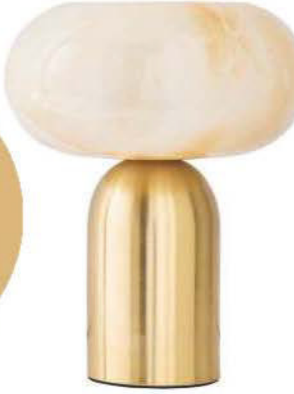


Parlband tealight holder, Ikea, £7

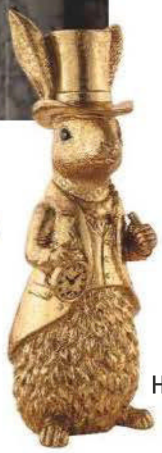


Wired gold wall art makes a fabulous key hook

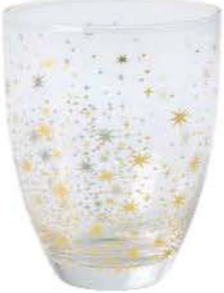
It's good to be home key hook, Dunlem, £10



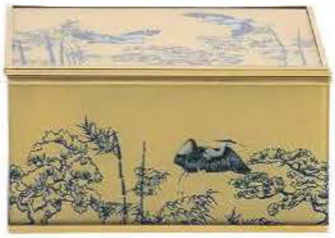
Glass touch pad table light, Dunelm, £39



Gold rabbit, George Home, £8



Star tumbler, John Lewis, £10



Majestic heron gold glass jewellery box, madisonandmayfair.com, £14.99

Let's party

Whatever you're doing to welcome in the new year, do it in style!

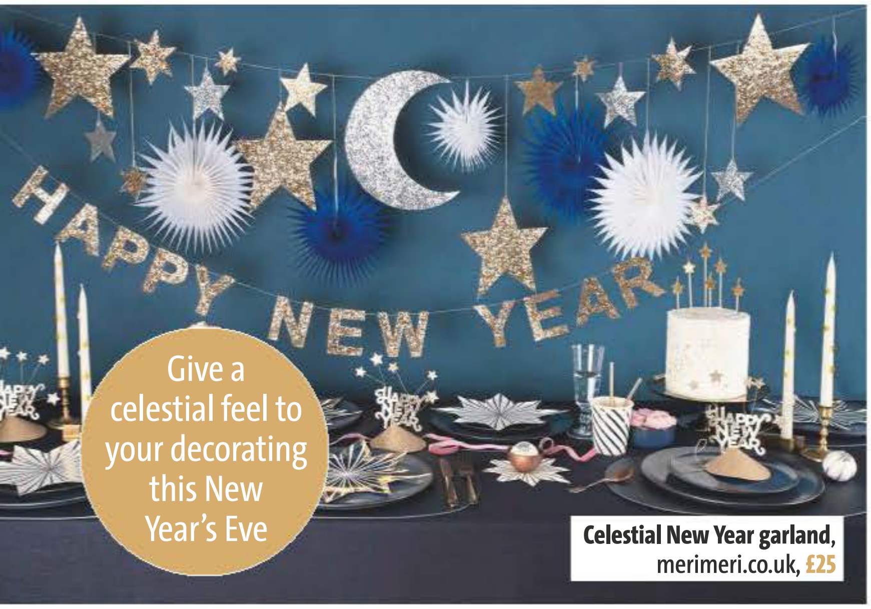
By Zoe Bishop

Cocktail mirrored neon sign, Dunelm, £65

Party sign, TK Maxx, £14.99

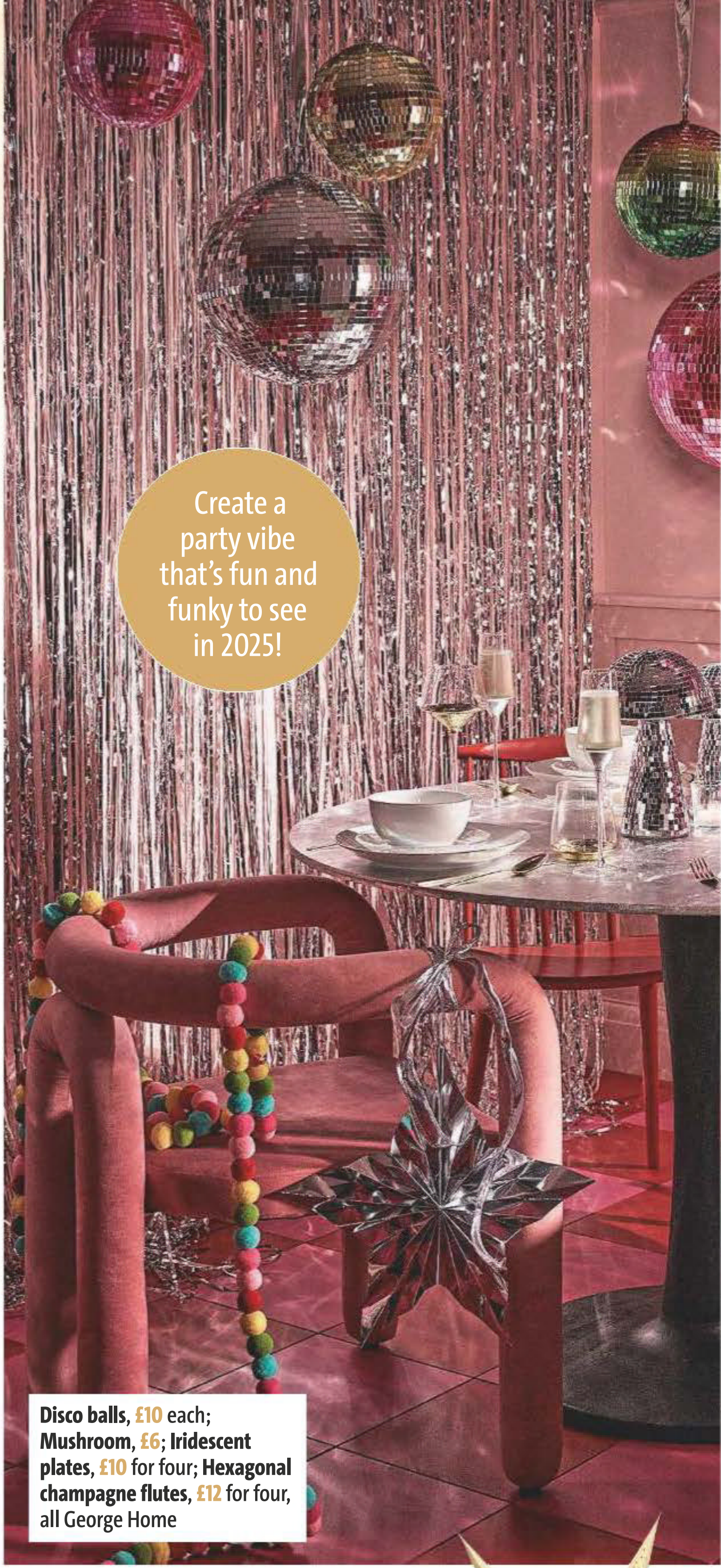
Sparkle gold table runner, talkingtables.co.uk, £15

Star tray, Cox & Cox, £35



Give a celestial feel to your decorating this New Year's Eve

Celestial New Year garland, merimeri.co.uk, £25



Create a party vibe that's fun and funky to see in 2025!

Disco balls, £10 each; **Mushroom**, £6; **Iridescent plates**, £10 for four; **Hexagonal champagne flutes**, £12 for four, all George Home

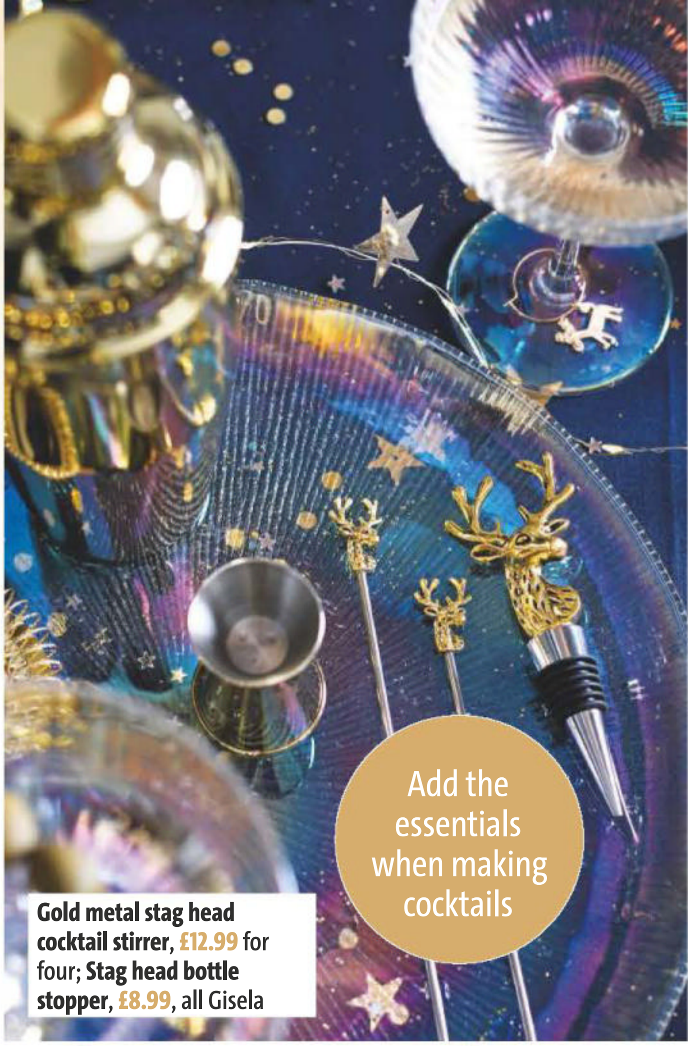
Bar wall mirror art, Oliver Bonas, £45

Paper star, TK Maxx, £4.99

Etoile napkins, Walton & Co at waltonshop.co.uk, £20 for four

Party hats, merimeri.co.uk, £20 for six

Lareau drinks dispenser, Wayfair, £44.99



Add the essentials when making cocktails

Gold metal stag head cocktail stirrer, £12.99 for four; **Stag head bottle stopper,** £8.99, all Gisela

Gems Champagne coupes, black-by-design.co.uk £40 for four

Bauble mason jar drinking glass, Home Bargains, £1.49

Happy New Year foil balloons, Amazon, £5.49

Disco ball place card holder, talkingtables.co.uk, £12 for six

Bubbly wall drinks holder, gingerray.co.uk, £9

Pop The Bubbly

Cocktail hanging sign, Cox & Cox, £12.50

Drinks trolley, Dunelm, £59

Boston six-piece gold shaker, vonhaus.com, £19.99

Thrive in 2025

Forget big New Year's resolutions – changing how you spend just one hour a day can transform your wellbeing for life...

Finding an hour a day sounds easier said than done, we know. But using those 60 minutes to build some small, effective habits could transform your year, your health and your life. Here's how...

Take a moment to be mindful

SPEND 22 MINUTES... EXERCISING

According to the World Health Organisation we should all be aiming to do at least 150 minutes of moderate-intensity physical activity throughout the week. Not only does exercise reduce our risk of heart disease and stroke, studies suggest it also helps reduce our risk of dementia, type 2 diabetes and helps with symptoms of depression and ADHD. Put simply, there is no better way you could spend 22 minutes a day.

So, where to begin? Personal trainer and founder of Dare To Be Fit, Grace Reuben, says, 'Alternate between strength training and cardio days. On a strength training day, do a five-minute warm up walk, followed by 12 minutes of bodyweight exercises, such as 45-second intervals of squats, push-ups, and lunges, finishing with a five-minute stretching session. On cardio days, after your five-minute warm up, try 12 minutes of HIIT activities, such as jumping jacks, high knees, and burpees – doing 40 seconds of each followed by 20 seconds rest – finally cooling down with a light walk or stretch.'

SPEND 10 MINUTES... BEING MINDFUL

According to a recent study published in the British Journal of Health Psychology, researchers have found just 10 minutes of daily mindfulness practice can improve wellbeing, ease depression and anxiety, and help us to be more motivated to improve lifestyle habits around exercise, eating and sleeping. Want to try something a bit different? Yoga Nidra is also great way to help yourself enter a deeply relaxed state.

> '10 minutes of daily mindfulness can improve wellbeing and ease depression and anxiety'

SPEND EIGHT MINUTES... EXPLORING YOUR THOUGHTS

How often do we find ourselves ruminating over the same thing? We turn the same problem over and over in our mind without a resolution, wasting valuable

Switch your cuppa for a green tea instead

emotional energy in our day.

Instead, Educational Psychologist, Dr Patricia Britto, says, 'Schedule eight minutes each day as "worry time". When worries arise outside of this time, jot them down to revisit later. During your worry time, really examine your worries. List any positive actions you could take. If there is nothing you can do, practise trying to separate yourself from your worries by labelling them. For example, if you find yourself constantly worrying, "I'm going to mess up my work presentation," instead write down, "I keep having the thought that I'm going to mess up my presentation." This helps us create some distance from the worry, reminding us that worries are thoughts, not facts.

'It can also be useful to reflect on situations using the 3 Ps – Personalisation, Permanence and Pervasiveness, addressing questions, such as, "Is this situation my fault? Will it last forever? Does it affect everything in my life?"

'Practised regularly, these strategies can help us to foster a more balanced perspective and prevent worry from interfering with daily life.'

SPEND SEVEN MINUTES... MAKING EGGS

It only takes seven minutes to make the perfect soft-boiled egg. But why are proteins like eggs so important for our health?

Nutritionist and founder of The Food Therapy Clinic, Uxshely Carcamo, says, 'Protein-rich foods such as eggs, tofu or Greek yoghurt are helpful for balancing our blood sugar levels and for keeping us full until our next meal. They help to ensure that any starch in our meal is released slowly into our blood stream and this, in turn, keeps our energy levels more stable.'

SPEND FIVE MINUTES... SUPPORTING YOURSELF

Growing evidence links self-compassion with improved self-esteem, decreased stress and fewer symptoms of anxiety and depression.

Dr Patricia says, 'Spend five minutes each day writing a short note to yourself as if you were supporting a close friend facing your challenges. Reflect on your emotions and struggles, offering gentle encouragement and understanding. Research suggests that practising kindness and self-compassion like this really can improve your emotional health.'

SPEND THREE MINUTES... DRINKING GREEN TEA

You might be partial to grabbing a mug of coffee for your caffeine boost each day, but experts suggest that switching one cup for a green tea instead, which is rich in antioxidants, may help better boost cognitive function and decrease inflammation.

SPEND TWO MINUTES... FLOSSING

Flossing only takes around two minutes, yet it isn't just important for your teeth. Flossing helps prevent gingivitis, an inflammation of your gums which has been linked to a higher risk of heart disease and may also be connected to Alzheimer's disease.

SPEND ONE MINUTE.... DRINKING A GLASS OF WATER

According to a recent survey, 45% of Brits drink the equivalent of just one glass of water per day. Not drinking enough water can impair cognitive performance, impact our mood and cause us to have dips in energy. Therefore, it's unsurprising that downing a quick extra glass each day is one of the best ways you can spend a minute.

Dr Uxshely says, 'Approximately 60% of the human body is made up of water so it's important that we're drinking enough to stay hydrated. We can get water from foods we eat and from other drinks, such as tea. However, a big glass of water is an optimal source of hydration as it doesn't contain added sugars and ingredients often found in other drinks.'

> 'Green tea may help boost cognitive function and decrease inflammation'

SPEND 40 SECONDS... WASHING YOUR HANDS

Want to save yourself days of feeling ill? It takes seconds to do but giving your hands a good wash is one of the most effective ways you can protect yourself from picking up illnesses and viruses. To clean them properly, the NHS suggest you aim to wash them for the time it takes to sing 'Happy Birthday' twice (around 40 seconds in total).

SPEND 35 SECONDS... NOTING YOUR NON-NEGOTIABLES

Studies show that setting clear daily goals improves focus, momentum, performance and productivity. You don't need to complete your to-do list every day, but write down the three most important tasks of the day and stick to them.

SPEND 30 SECONDS... SENDING A MESSAGE

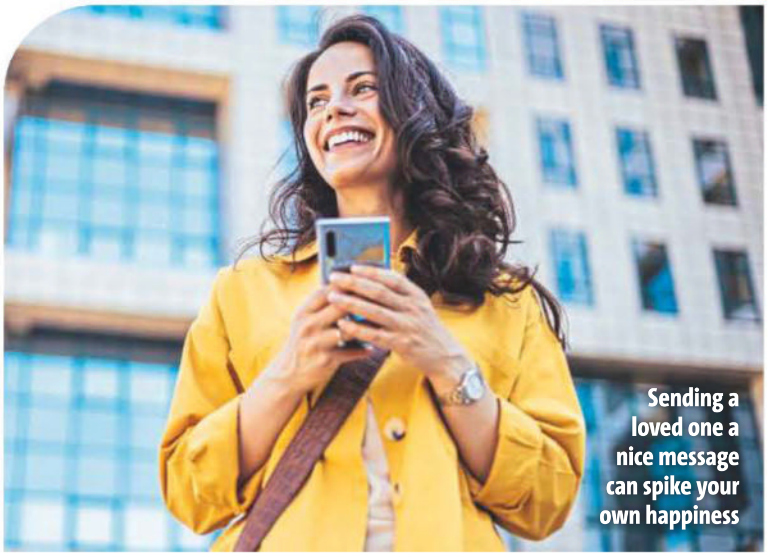
When we're kind to others, it increases our own happiness as well as theirs and it doesn't have to be a huge gesture. According to a recent poll, it takes most Brits less than 30 seconds to write a quick text. So why not choose someone in your life each day to fire off a compliment or thank you note to.

SPEND 15 SECONDS... GETTING ENOUGH MAGNESIUM

Magnesium helps our body produce energy and some studies suggest it may promote better sleep. So, forget the biscuit and snack on a handful of almonds or cashews instead.

Dr Uxshely says, 'Eating a varied, balanced diet, rich in foods like nuts, spinach and wholemeal bread, should allow you to get all the magnesium you need. However, some people may also choose to supplement with magnesium as this mineral is important for converting our food into energy and for producing certain hormones in our body.'

● *For more info, visit thefoodtherapyclinic.com, daretobefit.co.uk and modeeps.com*

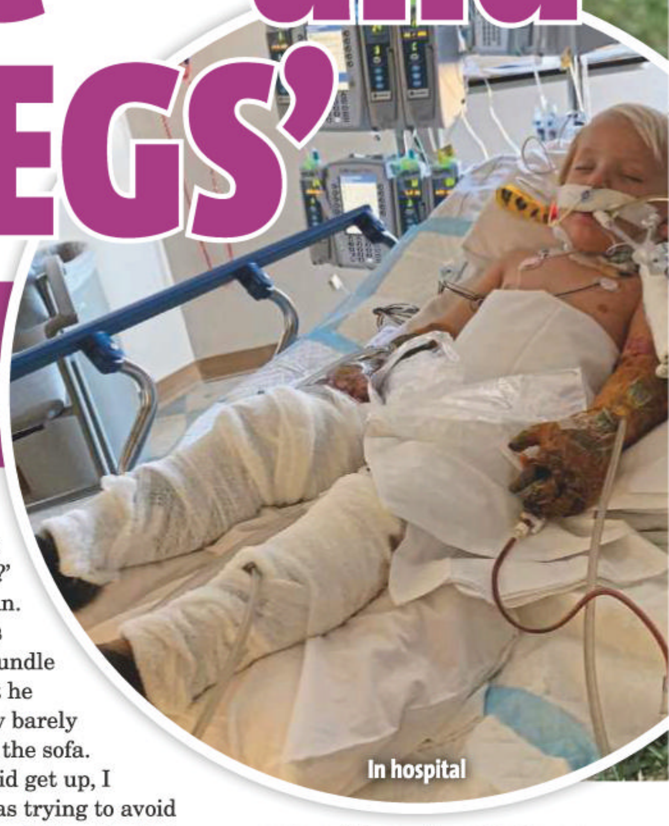


Sending a loved one a nice message can spike your own happiness

By: Stephanie May. **Pictures:** Adobe Stock

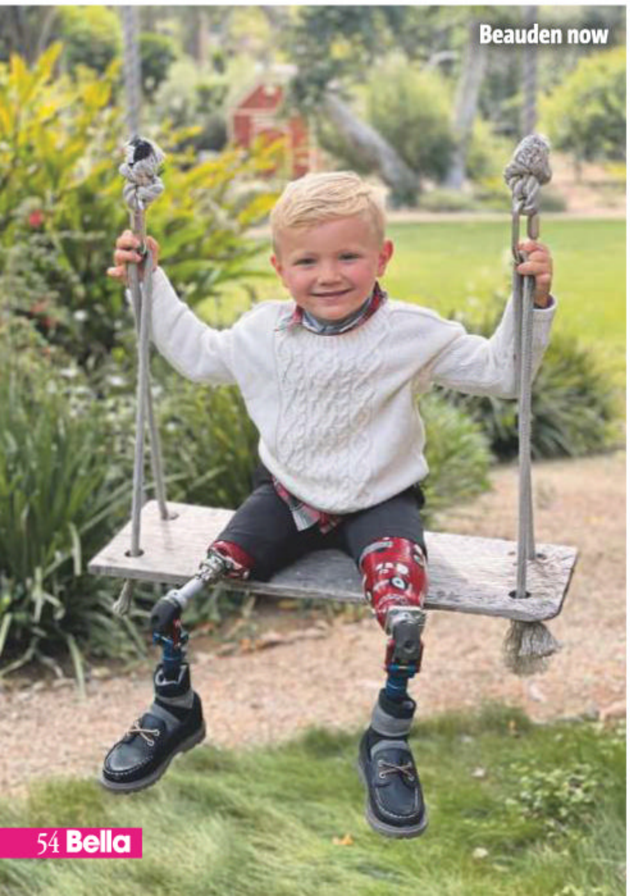
'My little boy fell off his bike – and LOST HIS LEGS'

For Juliana Baumkirchner, 47, a family camping trip changed everything



In hospital

Exploring my new surroundings, I breathed in the fresh air. It was October 2020 and my husband Brian had just parked our motorhome at a campsite, and along with our three kids Brianna, then eight, Brigitte, five, and Beauden, three, we were excited about starting our holiday. After the long journey, the kids were eager to get out and stretch their legs. 'I'll get the kids' bikes out', Brian said. But within minutes of getting on his, Beauden fell off. He landed with a bump and I ran over to pick him up. 'That's quite a scrape isn't it?' I said, spotting the cut on his knee. I led him back to the caravan and sprayed the wound with antibacterial spray. 'How does that feel?' I asked. 'It's OK,' he replied, crying. Moments later, he was off playing with his sisters again.



Beauden now

That evening, I gave the cut on his knee a proper clean out. He seemed fine as I put him to bed. But next morning, he woke with a fever and, after breakfast, he threw up. 'Maybe he's caught a stomach bug?' I said to Brian. Beauden was normally a bundle of energy but he spent the day barely moving from the sofa.

When he did get up, I noticed he was trying to avoid putting any weight on the leg he'd scraped. That night, Beauden slept with us so we could keep an eye on him. By the next morning, he was no better. I called the walk-in health-centre and once I described Beauden's symptoms they told me to take him straight to hospital.

We were camping with friends, so we left the girls with them and headed to the hospital. There, he had test after test. Then, as he was sedated to be taken for an MRI scan, there was a sudden commotion. Doctors and nurses surrounded him and instead of going for the scan, our boy was rushed to intensive care.

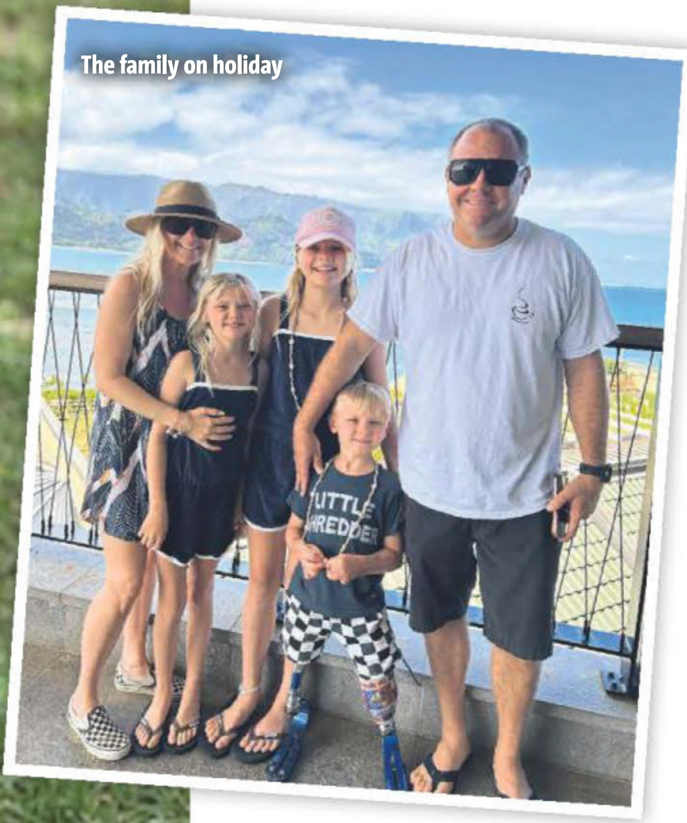
'That's quite a scrape'

It felt like ages before a doctor came to speak to us. He looked so serious, I knew it was bad news. 'Beauden has a bacterial infection from the cut on his knee,' he said. 'This has developed into sepsis and toxic shock. He's very sick.'

The doctor explained our boy needed surgery to remove the infected tissue. 'There's a chance he may lose his limbs,' he said. I could barely take it in. Less than 48 hours before Beauden had been riding his bike happily with his sisters – now he was fighting for his life.

When the doctor left, Brian and I sobbed. Surgeons did all they could to remove all the infected tissue. While we stayed at the hospital with Beauden, our friends took the girls home. Over the next weeks, doctors pumped

Before the accident



The family on holiday

his little body full of antibiotics to try to fight the infection. He was intubated for the first 10 days of hospitalisation. Poor little Beauden had no idea what was going on. But one day, a surgeon brought the news we'd been dreading. 'We need to amputate Beauden's legs,' he said. I couldn't bring myself to tell Beauden yet.

When we saw him after the surgery, I chose not to look at his legs, which were bandaged and tucked under a blanket. Instead, I gave my boy as many cuddles and kisses as he'd let me. He looked so sad it broke my heart.

A few days on, a nurse asked if we'd told Beauden about his legs. I told her I didn't know what to say. 'It'll be easier coming from you than him trying to work out what's happening,' she said. I tried, but the words got stuck in my throat and I began to cry. Then later, while Beauden and I were chatting, I saw him look down at his lower half. I seized the opportunity to explain to him, 'Your body got really sick and your legs turned black because they were sick too,' I said. 'We had to take away the sick legs so the rest of your body could get better. But you'll get new legs one day.'

Beauden didn't say anything, I don't think he understood the magnitude of what I was saying, he just looked at the photos we'd stuck to the wall of his hospital room. One of them showed him running with his sisters.

Four days later he needed more surgery to amputate a little higher on his legs and remove two and a half of his fingers too. Beauden would understandably get nervous before surgeries, but his child life specialist advocated for him and requested bedside anaesthesia induction before wheeling him to theatre each time.

> 'Your body got really sick'

But after that, Beauden began to improve and his sisters were allowed to visit. While Brigitte was a little scared, Brianna was overjoyed to be reunited with her baby brother. When she cuddled him, I saw his mood lift instantly. I bit back tears as I watched the three of them chatter and giggle.

Finally, after 18 operations and almost three months in hospital, Beauden was allowed home on 21 December 2020. He needed a wheelchair for the first couple of months while his body healed from skin grafts. When we arrived, we were greeted by loved ones, neighbours and strangers with banners welcoming Beauden back.

Once he was fully healed, he was fitted for prosthetic legs. After a few months he began learning to walk again with a walker and little beginner prosthetics. It was both joyous and heartbreaking at the same time because just a few months prior he was a healthy boy who loved to run. But we celebrate his small victories.

Now Beauden is seven and doing great. He wears his prosthetics most days unless his legs are sore, in which case he will be in a wheelchair, but that is rare. He's still the same happy boy, full of energy and has a truly magnetic personality.

Last year he started playing baseball and loved it. He likes to swim and this year learnt to jet ski wearing his 'cuppies', which are like less intense prosthetics. He's even been doing some professional modelling!

His peers are incredibly gentle with him, and we've had so much support from our local community. Even though the experience was traumatic for all, Beauden truly amazes me every day with his incredible resilience.

By Lucy Laing, Bianca Castro and Lena Blacker. **Pictures:** Paradise Photography

THE DARKEST CRIMES AND EVIL MINDS

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EVIL TEEN MASSACRES HER FAMILY
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Congrats Chanelle

I enjoyed reading Chanelle's story of how she considered a gastric band, after having three children but opted for the 1-1 diet by Cambridge Weight Plan as an alternative, Chanelle lost 7 stone (issue 47). It shows you don't always need a gastric band, exercise and diet can be enough. Good for her!

Jacqueline McCauley, Walthamstow

£50 Star letter

A happier Christmas

It was lovely to read all about Kate and William's Christmas plans this year (issue 50). It's been a very tough year for the royals, so it's nice to hear that they have some lovely festivities planned with their gorgeous children. I wish them many happy tidings of the season.

Louise Chalk, Pontypridd

Talking point

Around £42 million worth of unwanted presents are sent to landfill every year in the UK. Some think it's a good idea to pass gifts on to avoid waste, while others believe it's insensitive. So, we ask, is it ungrateful to regift?

We are existing during a cost-of-living crisis, if people need to regift, let them!
Emma Chase, via Facebook

Not at all. If the person doesn't know, how could it possibly be insensitive?
Maggie Jones, via Facebook

My husband once gave me a gift I had given him two years before thinking it was from someone else. We found it funny!
Liz Fahy, via Facebook

I don't think I personally would regift because I'd be worried I'd get caught out.
Emily Rizzi, via Facebook

By Stephen Leng. **Pictures:** Imago, Shutterstock

THIS WEEK Bella LOVES...

Chilling out!

We don't know about you, but after the year the world has had, we are desperate to take some time out and chill over the next few weeks! So, however or wherever you spend the holidays, we hope you have some time to enjoy yourselves, relax, and spend time with loved ones. Merry Christmas!

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WHAT'S IN STORE FOR 2025?

Find out what to expect over the coming year

The astrological backdrop of our lives is slowly being transformed and the pace of this change starts to increase in 2025. With Jane Struthers as your guide, you'll learn how to make the best choices in love, work, health and money for your particular sign. You'll also discover some important dates when everything works well for you.

Four of the five major planetary players are on the move in 2025, ushering in changes both big and small. Jupiter, the planet of generosity and expansiveness, begins the year in Gemini before moving into Cancer in June. Every sign will enjoy this! Aries, Gemini, Leo, Virgo, Libra, Sagittarius and Aquarius will benefit most until June, and then it's the turn of Taurus, Cancer, Scorpio, Capricorn and Pisces for the rest of the year. Saturn, who teaches us to learn from experience, starts off in Pisces before moving into Aries in May and then back into Pisces in September.

Again, we'll all notice this but it will especially powerful for Pisceans and Arians. Uranus, who specialises in waking us up, continues his journey through steady Taurus until July, when he enters Gemini. This is good news for Taureans because they don't like the changes that Uranus can bring, and it also promises to liven up things for Geminis who are more comfortable with Uranus's erratic energy. In March, Neptune, one of the slowest moving planets of all, drifts out of its own sign of Pisces into Aries, before moving back again into Pisces in October. This all adds up to 2025 being a major year for us all and for Aries, Taurus, Gemini, Cancer and Pisces in particular. Get set for a lively and exhilarating year in which we can all throw off the shackles of the past.

ARIES

21 March — 20 April

LOVE Make the most of being with your nearest and dearest all year long. Clear the air with them in January and February, and celebrate with them from June.
Highlights 16 January, 22 May, 11 August

WORK Revelations in March help you to see a situation in a new light and could push you in a completely new direction that really takes off from late September.
Highlights 14 March, 2 September, 15 December

HEALTH Make improvements to your health in March and keep worries in proportion between May and August. June and July are busy but don't wear yourself out.
Highlights 20 March, 30 June, 13 September

MONEY Tackle a long-standing niggle in May when it finally seems clear-cut. Joint finances demand careful thought combined with decisive action in October.
Highlights 30 January, 27 April, 19 November

Tess Daly
27 March 1969

TAURUS

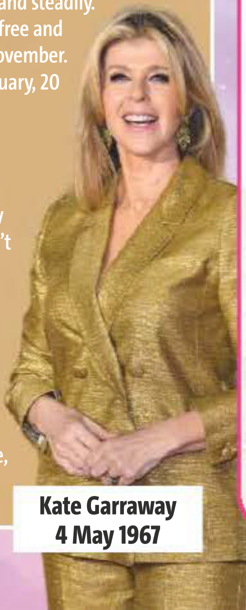
21 April — 21 May

LOVE Nurse a friendship through a confusing patch in March. You turn heads in June, thanks to your charm. A relationship needs extra effort in October.
Highlights 23 January, 4 August, 6 November

WORK Self-confidence spurs you on in January and February. Feel your way into a major new project from May, especially if it's still early days.
Highlights 29 January, 13 April, 24 September

HEALTH Watch out for jangled nerves until early July, and combat them by taking life slowly and steadily. Enjoy feeling carefree and adventurous in November.
Highlights 27 February, 20 July, 2 October

MONEY You're a money magnet between February and June, but don't spend more than you receive! Someone's generosity makes you feel special in November.
Highlights 3 February, 8 June, 30 November



Kate Garraway
4 May 1967

GEMINI

22 May — 21 June

LOVE Your innate effervescence is enhanced and massively boosts your popularity until June. July is perfect for fully exploring and experiencing your emotional drive.
Highlights 26 January, 11 June, 20 December

WORK You know what you're doing in 2025! Seize opportunities until June and dare to experiment from July onwards. Embrace the chance to change and grow.
Highlights 2 March, 27 May, 25 October

HEALTH Pace yourself in March when life feels hectic. Stay grounded by spending time in nature from July onwards. You benefit from being on the move in October.
Highlights 4 February, 20 May, 20 November

MONEY Material concerns take up your energy until mid April. Your finances are on the rise from early June.
Highlights 8 January, 24 June, 1 October

Courteney Cox
15 June 1964

CANCER

22 June — 23 July

LOVE Enhance your connection with you-know-who by giving them extra attention in late January. Love and passion go hand in hand in October and November.
Highlights 25 January, 21 June, 25 November

WORK Make the most of your thinking power in March, April and May. Your work ethic is strong from late May but don't let it turn you into a tired drudge.
Highlights 11 March, 18 July, 29 October

HEALTH Incorporate plenty of rest into your daily routine in January and February. You feel invigorated and at your best in July and August. November is full-on!
Highlights 24 February, 9 June, 11 December

MONEY Remind yourself in April and May that there's more to life than just money. July is great for taking a fresh approach to your financial arrangements.
Highlights 12 February, 24 May, 12 November

Ariana Grande
26 June 1993

Continued over the page...

LEO

24 July — 23 August

LOVE Friendships are even more fun than usual between January and June. You put extra emotion into all loving connections in November and December.
Highlights 17 February, 24 July, 15 October

WORK Combining inventiveness with ambition brings great rewards until early July. After that, networking and mixing with kindred spirits helps you to get ahead.
Highlights 10 February, 21 April, 5 November

HEALTH Combat life's stresses and strains by doing things you enjoy and being with people who give you fresh things to think about, especially in April and May.
Highlights 4 January, 22 July, 24 December

MONEY Take a diplomatic approach to joint finances in January. Financial prudence helps gives you peace of mind from September but try to keep pessimism at bay.
Highlights 12 March, 7 May, 21 September

VIRGO

24 August — 23 September

LOVE Co-operation and understanding work wonders in January. Strengthen the foundations of important relationships until late May.
Highlights 17 January, 24 April, 2 September

WORK Grab opportunities between February and early June because you never know where they'll lead. It's make-or-break time at the start of December.
Highlights 28 January, 26 May, 20 September

HEALTH March is the perfect month for starting to make major changes to your health or daily routine, ready to take things to the next stage in September.
Highlights 9 February, 6 May, 23 November

MONEY Adopt a new approach to shared finances in March. Treats and luxuries tempt you between August and November but you have the willpower to resist!
Highlights 23 March, 1 August, 14 October

LIBRA

24 September — 23 October

LOVE The attitude you take to loved ones in March is even more important than usual. Be considerate while sticking to the boundaries you've put in place.
Highlights 3 March, 16 June, 2 October

WORK A project is paused in January and restarts in March. Believe in your abilities and talents, and be ready to experiment with them in March and September.
Highlights 14 February, 25 May, 21 October

HEALTH Don't let your strong sense of responsibility wear you out. You can only do so much! Enjoyable activities help you to wind down in August and September.
Highlights 28 February, 7 April, 22 September

MONEY Discuss any financial worries, especially in May. If you've been putting off facing up to a necessary decision, October is good for taking the plunge.
Highlights 19 April, 28 October, 29 November

SCORPIO

24 October — 23 November

LOVE Being kind to yourself is as essential as being kind to others in March. A loved one needs your support until late May and again from September.
Highlights 1 February, 6 June, 4 November

WORK Teamwork is enjoyable and productive in February. Channel your energy and enthusiasm into big projects between April and June.
Highlights 24 March, 2 May, 26 August

HEALTH Introduce beneficial health habits from March, when you also need to review your current strategies. You love being active in September and October.
Highlights 17 April, 23 October, 6 December

MONEY Both personal and shared finances are highlighted in 2025. Keep things steady and don't overstretch your resources, particularly in November.
Highlights 20 February, 30 May, 30 November

Tasha Ghouri
11 August 1998

Beyoncé
4 September 1981

Davina McCall
16 October 1967

Diane Parish
6 November 1969

SAGITTARIUS

23 November — 21 December

LOVE Loved ones bring you joy in 2025. A close relationship needs careful handling in January before getting back on track in February. Play fair in December.
Highlights 2 April, 5 May, 2 December

WORK It's a year to stand squarely in the spotlight. Push yourself out of your comfort zone in March and September. The results will amaze and inspire you.
Highlights 27 February, 23 August, 5 November

HEALTH Jangled energies make you restless in January but you settle into a much smoother rhythm from early February. Take life gently in May and June.
Highlights 26 January, 5 September, 7 October

MONEY Adopt a sensible approach to money in January. Shared resources are big news until early April. You benefit from other people's generosity from June.
Highlights 16 January, 25 June, 10 July

CAPRICORN

22 December — 20 January

LOVE Certain people test your patience in January and February. Should you be more adaptable? Your sense of humour acts like a magnet to others from June.
Highlights 9 January, 5 April, 26 June

WORK Take chances between January and June by being adventurous and trying new things. Fire up your ambitions in September and October.
Highlights 4 February, 5 June, 18 September

HEALTH Want to feel or look better? Decide what to do, then make small changes from February onwards. Offset your nervous energy with activity in May and June.
Highlights 30 January, 12 August, 4 December

MONEY Tidy up loose financial ends in February and again in August, so you can keep on top of everything. Focus on your priorities and values from mid October.
Highlights 11 February, 25 July, 8 November

AQUARIUS

21 January — 19 February

LOVE Give loved ones the space to do their own thing this year. The people in your life who are already special become even more so between January and June.
Highlights 3 February, 31 May, 14 October

WORK Don't underestimate your talents! Hatch some creative and inspired ideas until June, then start putting them to work. You have a breakthrough in July.
Highlights 7 February, 31 July, 6 October

HEALTH Life is hectic until mid April, so make a conscious effort to relax whenever you need a breather. Try to avoid letting underlying worries loom too large.
Highlights 29 January, 5 July, 17 November

MONEY Keep your feet on the ground with all finances and don't overcommit yourself, especially between March and May. You're full of wisdom in September.
Highlights 14 March, 19 September, 26 November

PISCES

20 February — 20 March

LOVE Keep an open heart all year, especially from June onwards when loving connections add sparkle to your life. Partnerships flourish in September.
Highlights 14 January, 17 June, 8 October

WORK Get ready to excel between April and June, and don't be shy about it! Keep a sharp look-out for new work opportunities in February and July.
Highlights 19 January, 18 August, 22 November

HEALTH Some modest pampering does you a world of good in January, March and April. Consider adopting a new exercise or dietary regime in July and August.
Highlights 14 February, 20 May, 29 July

MONEY March is great for making an investment. Increase the stability of your finances between May and August with the help of a measured and realistic attitude.
Highlights 29 March, 8 August, 13 October

Taylor Swift
13 December 1989

Sienna Miller
28 December 1981

Alison Hammond
5 February 1975

Ruth Langsford
17 March 1960

By Jane Struthers. **Pictures:** Getty

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

My secret lover

Q For two years, I was seeing a guy at work. He didn't want anyone to know about it because he's very attractive and I'm quite overweight. We used to end up at my place after a work night out, but he made me promise to tell everyone that we were just mates. I never told a soul. But then, without saying a thing, he just stopped coming over and was practically ignoring me. Someone casually mentioned that he'd started seeing someone else in the office, and everyone knew about it. She was thin, with long blonde hair, so I guess she was more his type. I found it hard to see them every day, and everyone talked about it as if it was this great love story. I ended up leaving my job and never saw or heard from him for the next four years. And then, the other day, he messaged me at 1am saying he wanted to come over. I didn't see the message until the next day. I haven't replied. Do you think I'm being mean?

A This man took advantage of your generous nature. He thought he didn't need to treat you with respect because he believed he was better than you and you were lucky to be spending the night with him. And unfortunately, you seemed to agree with him. He didn't even offer you the courtesy of telling you that he'd started to see someone else, and you had to hear it through the office grapevine. It makes me wonder why you don't believe that you're worth more than that. Did your family make you feel like you didn't matter? Were your needs and wishes never met, or even heard? What worries me is that for two years, you didn't even consider how you felt about what was going on. You didn't ask a thing from him and therefore, that's exactly what you got. Keeping your relationship (and yes, no matter what label anyone else wants to attach to it,

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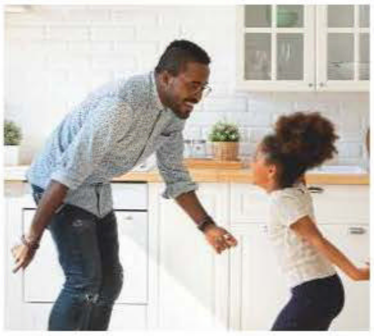
Do I have a duty to look after them?

Q My parents never had any friends, and I wasn't allowed any either. I left home when I went to uni and had my independence for the first time. My family insisted that I call them every day but they'd tell me that I needed to quit uni and come home straight away, so I stopped calling seven years ago. Recently, they've been calling me, telling me how selfish I am and that they need me to come home to look after them. Do I owe them this? If they weren't actually abusive, have I been too harsh?

A When we are children, we believe that the way our parents behave is right and normal. Yours were depriving you of an important aspect of growing up and in doing so, neglecting your needs. For whatever reason, they were fearful of you turning your attention away from them. Even when it comes to parents, respect should be earnt, not expected. If your parents will only accept you back into their lives on their terms, you have no reason to respect their wishes because they aren't accepting the fact that you have your own life and should be free to live it. But perhaps there's a compromise to be found where you see and speak to them when you wish to, on your own terms. A first step would be to see if they'd be open to this.

I miss my brother

Q My brother was like a third parent to my kids when they were little. But then he moved to a big city, came out as gay, and we saw less of him. I thought he was living his best life, and didn't have time for us country folk. I didn't realise that my parents had told him that because he's gay, he's going to hell, and this is why he had distanced himself. I feel so sad that my kids have missed out on having their incredible uncle in their lives. What can I say to him to make up for all that lost time?



A This seems like a good time to use the phrase 'the truth will set you free!' It's normal for someone like your brother who's been brought up in this environment with quite rigid beliefs, to on some level believe that he should feel ashamed of who he is. But it's time to set the record straight. There have been so many assumptions made on both sides, because you were both too scared to explore the real reason why he'd disappeared from your life. So, reach out to him, and

Letters and replies may be edited for length/clarity. **Photos:** Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

you were in a relationship with him) a secret from your work colleagues may have been fun for the first few weeks. It could have made things feel more exciting, that no-one knew what you'd been up to the night before when you walked into the office. But it doesn't sound like this was the reason behind the secrecy. You can't change what kind of a man he is, or how he treats other women, but you can make sure, by working on yourself that you never get treated like this again. Ask yourself, would you want your best friend or little sister to be made to feel like they didn't really matter? I'm sure there was a little voice inside you that knew something didn't feel right. That is the voice you need to listen to. That voice has your back, is your cheerleader, and knows that you deserve better. The only person you've been mean to is yourself.

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have an honest conversation. Your love for him is very evident in the words you wrote in your letter, and I'm sure that it would heal many old wounds if he were to feel that love in person.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 24–30 December**

AQUARIUS

21 January — 19 February

Consider where your loyalties lie as the week begins. Friends are great company midweek but also give you plenty to think about. Your emotions are topsy turvy on the 30th. Something that seems vital may quickly fade into oblivion, so don't act too hastily.

Theme of the week: Contentment

☎ 0906 650 7240

PISCES

20 February — 20 March

Make it a sociable week by mixing with different people. It helps to see the funny side if any festive plans go wrong. On the 27th you're attracted to the more mystical side of life. Want to make some domestic improvements? Let everyone speak up on the 28th.

Theme of the week: Dream a little dream

☎ 0906 650 7241

ARIES

21 March — 20 April

If you're hoping for the perfect Christmas, the best way to achieve it is to relax. Laughter and fun are the perfect combination on the 28th, especially if you're doing something sociable. The 30th is ideal for thinking about what you want to achieve in 2025.

Theme of the week: Targets

☎ 0906 650 7230

TAURUS

21 April — 21 May

You're brimming with generosity now. Seeing other people have a good time ensures that you will, too. Do your best to be flexible if someone is unpredictable on the 27th and 28th. The more you try to control their behaviour the more frazzled you'll feel.

Theme of the week: Stay positive

☎ 0906 650 7231

GEMINI

22 May — 21 June

Adopt a constructive attitude to anything that's bothering you. This is a lovely week for festive get-togethers and also for taking life easily. Someone boosts your confidence on the 27th. Give yourself a breather on the 29th and relax whenever possible.

Theme of the week: Closeness

☎ 0906 650 7232

CANCER

22 June — 23 July

'Tis the season to be jolly. 'Tis also the season when too much togetherness can be as cloying as a mince pie, so tread carefully on the 28th if you want to avoid feeling hemmed in. Take a fresh approach to a partnership from the 30th to avoid it getting stale.

Theme of the week: Compromises

☎ 0906 650 7233

LEO

24 July — 23 August

You feel responsible for someone's happiness but there's only so much you can do. Midweek is fab for festive frolics, and if a party's on you'll be the first to accept. A tradition that used to make you happy loses its sparkle on the 28th. Time for something new?

Theme of the week: Unwinding

☎ 0906 650 7234

Sienna Miller – 43 on 28 December

CAPRICORN

22 December — 20 January

You're on sparkling form and the best way to maintain that is to recharge your batteries and disappear into your own little world every now and then. Midweek is good for retiring from the busy fray. From the 30th you start to feel inspired about what the new year.

Theme of the week: Inspiration

☎ 0906 650 7239

VIRGO

24 August — 23 September

Conversations get you thinking. There's so much you'd like to say, but take care that you don't get carried away to such an extent that you gloss over important facts. A loving relationship is full of promise from the 30th, especially if you open up emotionally.

Theme of the week: Hope

☎ 0906 650 7235

LIBRA

24 September — 23 October

Another perfect week for gathering your loved ones around you. Expect plenty of lively chats midweek and try not to rise to the bait if you disagree with someone. You're looking for intense experiences on the 27th. A little charm works its magic on the 29th.

Theme of the week: Nostalgia

☎ 0906 650 7236

SCORPIO

24 October — 22 November

Feeling extravagant? You're tempted by Christmas sales, so keep an eye on the cost. The 27th is a delightful reminder that some things are far more important than money. On the 28th you're happiest if you can do things on the spur of the moment.

Theme of the week: Having a cracking time

☎ 0906 650 7237

SAGITTARIUS

23 November — 21 December

Let your imagination run wild! It could come up with some ideas that may seem ambitious, but who says you can't rise to the challenge? You get sentimental about days gone by on the 27th and 29th. How about creating some new memories?

Theme of the week: Your values

☎ 0906 650 7238

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm)

Magical LAPLAND

Discover Santa's homeland on a once-in-a-lifetime snowy adventure

Meet the reindeer!

Step into Christmas

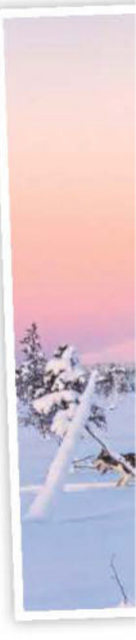
Dreaming of a trip to Lapland to sprinkle festive sparkle on your Christmas next year? Deep in the heart of Finland, you'll discover a snow-covered winter wonderland where you can take a husky ride, feed reindeer, then go in search of Mr and Mrs Claus' secret cottage. As well as a hassle-free itinerary, experiencing this incredible part of the world is a must. With sunrise around midmorning and sunset just after lunch in early December, the sky is often awash with golden pink light and, on clear nights, you're perfectly placed to see the Northern Lights. We enjoyed a four-night trip with TUI to discover this unforgettable treat, guaranteed to bring delight to kids, teens – and the grown-ups!

Enjoy the snowy wonderland

Season's greetings

The magic begins as soon as you arrive at the check-in desk, with staff dressed in Christmas hats, handing out stickers. On board, there are Christmas sing-a-longs, activity books and festive food before you make your descent across the snowy pines to Kittila airport.

Before you transfer to your hotel, you'll be met by one of the mischievous elves and provided with a snowsuit and boots to keep you warm and snug during your stay, but you'll need to have packed plenty of layers. We recommend also taking a snood, waterproof gloves and plenty of Vaseline for your lips and skin as the climate is extremely dry.



Hotel Saaga is right next to the slopes

Cosy stays

We stayed at Hotel Saaga, 30 minutes from the airport and in the heart of Yllas ski resort. The hotel has a lodge feel with roaring fires and facilities include a gym, large swimming pool and spa with hot tub and sauna. The rooms are spacious with balconies, plenty of storage and a warming compartment for any wet clothes.

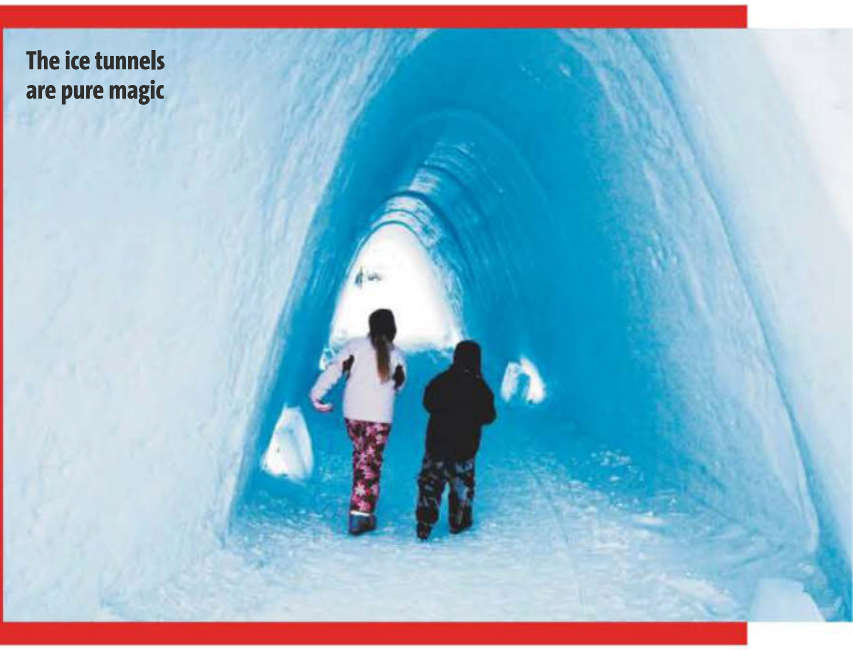
Food is served at the restaurant – buffet-style – where hearty staples like lasagne, pulled pork and stews had us loading our plate at every sitting!

The ski slopes are right on your doorstep, where you have a selection of runs for all abilities, or try out the sledging areas, using complimentary sledges from the hotel. For a few euros, we'd also recommend taking the gondola up to the top of the mountain to admire the stunning scenery below.

Search for Santa

Part of your stay includes a trip to Santa's Snow Village. You can explore the twinkling ice tunnels, which are filled with intricate sculptures, and grab a hot chocolate at the ice bar, before you snuggle up on a toboggan through the forest in search of Santa's cabin and to meet the big man himself. If the little ones are running out of steam at this point, warm up in the elves' workshop where you can decorate some gingerbread.

Also at the end of each TUI stay, guests are invited to a festive finale with Christmas dinner and entertainment, which is a fun way to round off your trip.


The ice tunnels are pure magic

Experience a husky ride

Frozen fun

You can add on excursions to your stay, like snowmobiling (you'll need a UK licence if you want to get in the driving seat) or a visit to the reindeer farm, where you can feed these beautiful, shy animals and take a ride across a frozen lake. One of our highlights was meeting the working Siberian huskies in Kallo. You'll get to learn about the dogs and how they are trained and looked after, before going out on a sledge pulled by the huskies. We were lucky enough to meet some adorable puppies too, who had been born just a few months before our visit.

NEED TO KNOW

- A four-night trip to Yllas, Lapland, staying on a B&B basis at the 4H Lapland Hotel Saaga costs from £1,027pp, based on two adults and two children sharing. Includes flights from Gatwick on 3 December 2025, 20kg hold luggage and transfers. For more information and to book, see at tui.co.uk

By Louise Bennett. **Pictures** TUI, Shutterstock

TV WEEK

Are you a Traitor or a Faithful?

The Traitors, New Year's Day, BBC1

Claudia Winkleman is opening the doors to her beautiful castle in the Scottish Highlands and welcoming more strangers who reckon they have what it takes to play the ultimate game of detection, backstabbing and trust and walk away with the £120,000 prize. And Claudia says just because the players might have been viewers, it doesn't mean they have the inside track. 'Things are different this year,' she reveals.' There are some really exciting things that have changed, which keeps everyone on their toes and feeds into the central premise of trust! There's one twist this year which will hopefully have viewers on the edge of their seat.'

STAR POWER

Gladiators Celebrity Special, New Year's Day, BBC1

Celebrities, are you ready? Four famous faces are lacing up their trainers and getting ready to wield giant cotton buds for the iconic show. Hosted by Bradley Walsh, this one-off special sees *The Masked Singer* host Joel Dommett, comedian and TV presenter Rob Beckett, broadcaster and triathlete Louise Minchin and Ted Lasso star Ellie Taylor line up for a series of challenges against the mighty Gladiators. After facing tests of speed, strength and endurance, the starry quartet will then go head to head on the Eliminator. Rob says, 'I can't wait to be crushed by the Gladiators... while I watch Joel Dommett and his six-pack sprint past me on the travelator.'

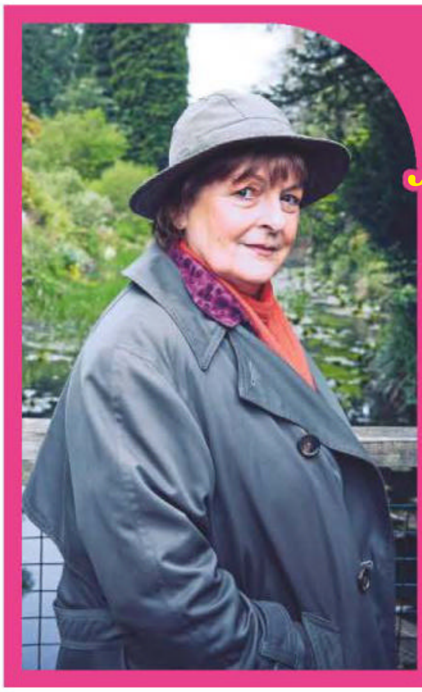
New panellist

The Masked Singer, Saturday 4 January, ITV1

Maya Jama joins *The Masked Singer* UK panel to play the ultimate guessing game alongside Jonathan Ross, Davina McCall and Mo Gilligan who all resume their celebrity detective roles. Joel Dommett is back hosting, as the hit BAFTA award-winning show that continues to grip the nation returns for its sixth series. 'I'm such a *Masked Singer* fan,' says Maya. 'I can't wait to figure out who's underneath all those incredible costumes, vibe to their performances, and get front-row seats to the unmaskings. I've watched the show for a long time, so I'm definitely bringing my A-game to the panel!'

By Caroline Blight, Martina Fowler. **Pictures** BBC, ITV, Netflix

TV timings are subject to change



Fond farewell

Vera, New Year's Day, ITV1

Brenda Blethyn makes an emotional return for the final series as Vera. After 14 years she's saying goodbye with two feature-length episodes, where we are promised gripping murder mysteries will intertwine with a heartfelt narrative of Vera's personal journey. The familiar cast are reunited and some famous faces join for this poignant send off. 'Although I regard the whole *Vera* company as my family, I've got another family at home and was missing them a little bit,' Brenda explains. 'I enjoy a crime drama. I'm looking forward, now that I'm home, to watching some.'

HAUNTED BY PAST

Harlan Coben's Missing You, New Year's Day, Netflix

Harlan Coben is bringing gripping mystery to the New Year, this time with drama *Missing You*. Kat Donovan (Rosalind Eleazar), is a detective specialising in Missing Persons and 11 years ago her fiancé Josh disappeared without a trace. Now, swiping profiles on a dating app, she suddenly sees his face and her world falls apart with Josh's reappearance forcing her to dive back into the mystery surrounding her father's murder and uncover long-buried secrets from her past. The stellar cast includes Sir Lenny Henry, Lisa Faulkner and James Nesbitt.

MORAL NIGHTMARE

Playing Nice, Sunday 5 January, ITV

It's hard to tell which is more brooding in new drama *Playing Nice* – James Norton or the Cornish landscape. This heart-wrenching series follows two couples who discover their toddlers were switched at birth in a hospital mix-up, and face a horrifying dilemma: do they keep the sons they have raised and loved, or reclaim their biological child? Pete (James Norton) and Maddie (Niamh Algar) along with Miles (James McArdle) and Lucy (Jessica Brown Findlay) have to decide. At first it seems they're agreed on a solution but it soon becomes clear that hidden motives are at play.

NEW THIS WEEK

FILM

Better Man

This semi-biographical film is based on the rise, fall and resurrection of one the country's biggest pop superstars: Robbie Williams. It follows his journey from childhood to Take That and onto record-breaking achievements as a solo artist, but – plot twist – Robbie's portrayed as a CGI chimpanzee, inspired by how the singer sees himself. Sit back and let him entertain you!

PODCAST

PAINTING OF THE WEEK
Podcast

Painting Of The Week

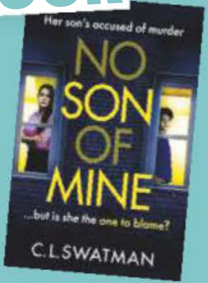
Best friends Phil Grabsky – BAFTA-winning film director – and everyday art fan Laura Bentham are returning for a fifth season to talk about the paintings that inspire them. Including Salvador Dalí's Christ Of Saint John Of The Cross and Vincent van Gogh's Starry Night Over The Rhône, the art they explore will resonate with knowledgeable listeners and novices alike.

BOOK

No Son Of Mine

by C. L. Swatman (Boldwood Books)

Alex Harding fears she's passed on 'bad genes' to her 15-year-old son Milo, who is spiralling out of control. When she learns that Samuel, the son she gave up for adoption, has been accused of murder, her fears deepen. Alex invites Samuel into her life to understand the crime he's charged with – but it isn't long before she starts to wonder if she has made a big mistake as buried secrets emerge... A gripping psychological thriller.



BOOK

One Big Happy Family
SUSAN MALLERY

One Big Happy Family

by Susan Mallery (Mills&Boon)

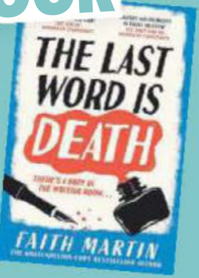
Julie Parker loves her children but she's not heartbroken when they all make plans of their own for Christmas so she gets to spend it with Heath, the (much) younger man she's secretly dating. But her plans go from cosy to chaotic when they do a U-turn and want to get together at the family cabin in memory of their late father. She can't refuse, but how will they react to her new man? A fun seasonal read.

BOOK

The Last Word Is Death

by Faith Martin (HQ)

Arbuthnot 'Arbie' Swift arrives at the modern Dashwood House in Galton-next-the-Sea, hoping for relaxation, but plans are upended when a guest is found dead in the writing room... The victim, part of an engagement party including Arbie's friend Val, prompts the bride to request their help and as they investigate, Arbie and Val uncover enemies, secrets, and deceit among the guests. The perfect whodunnit!



Nicol
gorg
bac

What's in store for the Defoe sisters?

Annabel as Nina, Nicola as Hannah and Fiona as Rose

It's been two years since we last saw the Defoe sisters on screen in *The Split*, but now the three formidable females are back together to celebrate a family wedding in sunny Spain.

In the series finale, lawyer Hannah (Nicola Walker) was divorcing husband Nathan (Stephen Mangan), so could new love be on the horizon with mysterious newcomer Archie (Toby Stephens)? Developments in the complicated love lives of Hannah's sisters Nina (Annabel Scholey) and Rose (Fiona Button) add to the drama that unfurls over a weekend at a beautiful wedding at a Catalonian vineyard. Here Nicola, 54, Annabel, 40, and Fiona, 41, tell us more…

How did you feel to be back together?

Fiona: We were delighted because we all love each other! It's been like coming back to your family, it really has.

Nicola: We have a Defoe family WhatsApp group and we were messaging each other while we were waiting to find out whether or not it was really going to happen, because it takes a while to get everyone together. As soon as the idea got brought up, right from the beginning, we were all pretty much sure it would be made. I don't know why. There's no reason why it should have come off other than we all wanted it.

Where do we find your characters when it picks up?

Annabel: When we left Nina at the end of series three, she was at rock bottom. She had no money, she felt ashamed, she was completely heartbroken and dealing with being a single parent. When we see her again, she has a new man… but the rest of the family don't like him!

Fiona: Rose is with the vicar. He's lovely and they are together and happily so, but something is up. No, it's not the Hawaiian shirt he's wearing! You find out pretty quickly what that is though.

Nicola: Hannah is on her own, she's happy and busy. At the moment, anyway. Her and Nathan are just two years divorced and that's all very complicated. Archie is a family lawyer and an old friend of Hannah's who is working on a prenuptial agreement. He's part of the big juicy storyline at the heart of this.

Will Hannah and Nathan get back together?

Fiona: We don't want them together, do we?! These episodes are a hard watch for fans of them as a couple.

Nicola: It's a good hard watch for people who like Hannah and Nathan together because they are even lovelier together when they aren't married. They got on so well because they know each other inside and out. There's a history there and they are friends in that certain way you have a friendship with your ex-husband. It's quite interesting to see how they deal with divorce. We show that some marriages are better off done and that's OK. It's not a simple end, they'll always be connected because of the children. On one level they adore each other, but also they find each other intensely irritating, but not in a bad way.

a: 'It's been geous to be k together'

The Defoe sisters are back with a sun-soaked two-part special of *The Split*

Stephen Mangan as Hannah's ex Nathan

Fiona: You are saying no chance, but when you see them together as a viewer, their chemistry together is so great. It's not sexual chemistry, it's friendship. But you sort of feel like they belong together in a way.

Nicola: The audience does get an answer to that, though. There's a scene at the end on the beach and I think it is a satisfying outcome about how they're going to go on, but in a new way.

Why do people love *The Split* so much?

Annabel: We've had a magic chemistry from the beginning, which is something no one could have predicted. From season one, the characters were profound because they were three females in the leads who were so flawed and three dimensional. I think people really enjoyed watching that. The show appeals to all different ages as well.

Nicola: They're all really honest about their faults. As a viewer, I wouldn't enjoy it as much if they weren't. They are all fallible and have made some terrible decisions! That is a real antidote to the idea of strong, female leads. I hate that. God save us all from strong female leads! The Defoe sisters are messy, funny and angry. They are also cryey and shouty and needy. They are real and every scene is filled with humour that drips through, without that, it's dry as anything!

How significant is having *Bridget Jones* writer Abi Morgan create these scripts?

Nicola: She writes it so well because it makes you laugh then follows it with a dagger to the heart. She's had a massive impact because she has allowed us to grow into our parts through the three seasons. She's stitched it together to tell a story and basically she has something different to say in every season, so she's pushed it forward.

Is this Barcelona special really the end? Does it leave the door open for more?

Annabel: We do all know each other so well, and acting together is so joyful. We know each other's expressions each other's rhythm, which makes it so easy. You can try anything and know the others will accept it. It's a lovely, unique place to be at work.

Nicola: We started on *The Split* seven years ago and we've been together throughout that time, during which a lot has happened in our lives off camera. There's the flip side of that, which is feeling so easy around each other means we can push each other and encourage each other to be better than you would normally be. It's been just gorgeous to be back together. The doors aren't shut for me!

Fiona: I heard a story from a divorce lawyer about a prenup where the guy made the woman sign that she lost 10,000 pounds for every 10 pounds she gained in weight after she got married. That's a real-life story which shows there's nothing queerer than folk. There's a lot more mining to be done in that world.

Annabel: There will always be more weddings and divorces so I hope there will be more *The Split*.

● *The Split: Barcelona, 29 & 30 December, BBC One*

The trio are firm friends off screen

THE SPLIT BARCELONA

By Cecile Metcalf. **Pictures** BBC, Instagram

Puzzles

YOU could be in with a chance of winning £200

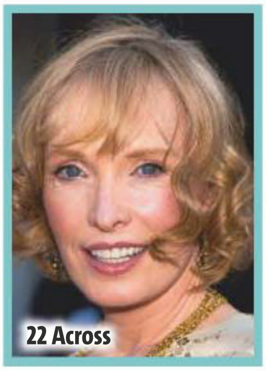
PRIZE crossword

WIN £200

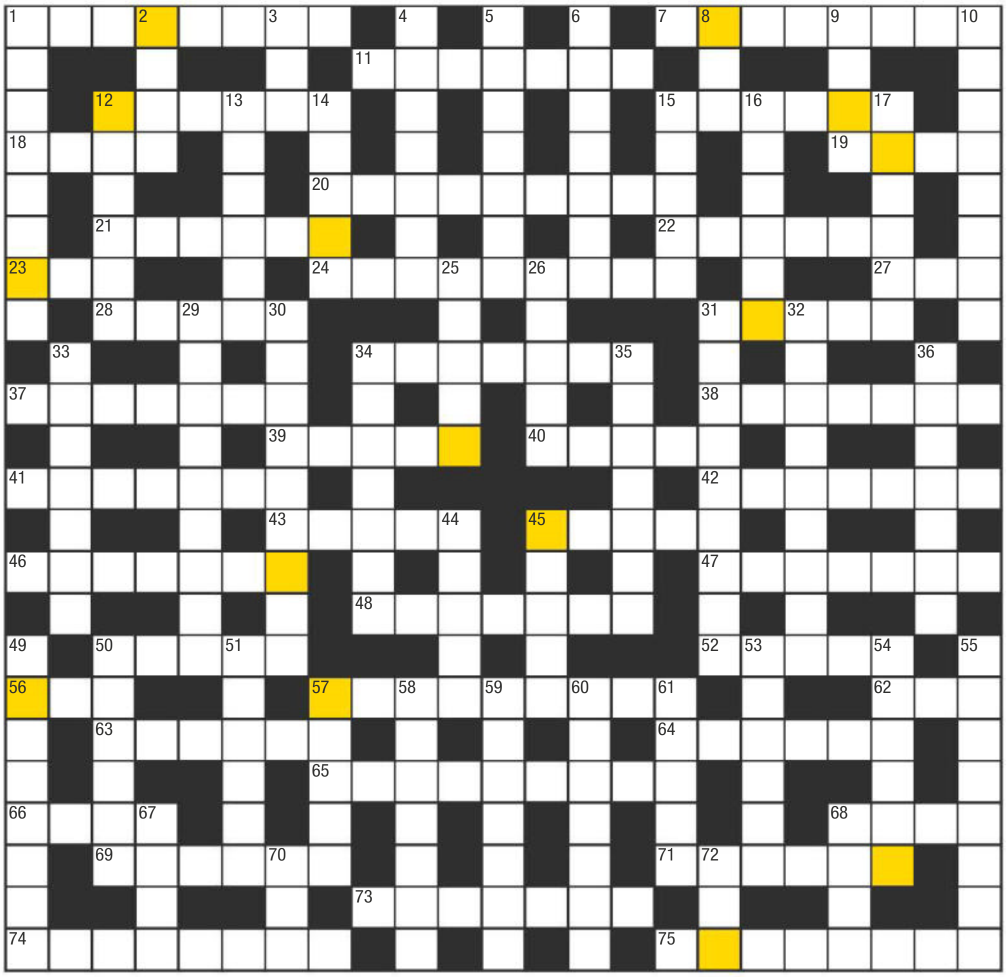
Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a US actress. This is your competition entry answer. See the 'How to enter' panel, below right.

Across

1 Giant's - - -, N Irish tourist attraction (8)
7 *Winterwatch* presenter, - - - Strachan (8)
11 Settee you can sleep on? (4,3)
12 Famous game bird? (6)
15 Magnate, mogul (6)
18 Predatory relative of the gull (4)
19 Backless slipper (4)
20 Proverbial catcher of the worm! (5,4)
21 *Rivals* and *Poldark* actor, Aidan - - - (6)

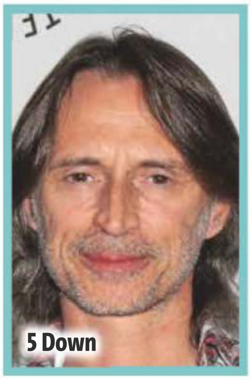

22 Across

22 Lindsay - - -, *Truelove* actress, pictured above (6)
23 *My Big Fat Greek Wedding* creator and star, - - - Vardalos (3)
24 Danny Boyle film starring Himesh Patel and featuring Beatles songs (9)
27 Snooker player's stick (3)
28 Perch (5)
31 Depart (5)
34 Canal-side walkway (7)
37 Flood, downpour (7)
38 Vegetable similar to an onion (7)
39 Julia Roberts film, *Sleeping With The - - -* (5)
40 Fortune-telling cards (5)
41 Daphne du Maurier novel, *- - - Inn* (7)
42 Mollusc with a fan-shaped shell (7)
43 Tribal emblem, - - - pole (5)
45 Cereal grass (5)
46 Provide funding for (7)
47 Entourage (7)
48 Little Mixer currently flying solo, Perrie - - - (7)
50 Subject, topic (5)
52 Mike Myers film, *Wayne's - - -* (5)
56 Top card? (3)
57 Former comedy partner of Bob Mortimer (3,6)
62 Frozen water (3)
63 Pasta ribbon in chow mein (6)
64 *Brideshead Revisited* author, - - - Waugh (6)
65 Food fish also known as sockeye (3,6)
66 *If I - - - Have You*, Yvonne Elliman disco favourite (4)
68 Kill – a dragon? (4)
69 Sudden sharp pain (6)
71 Housing development (6)
73 Coastal resort region (7)
74 Church service held near sunset (8)
75 Storage container for loaves (8)



Down

1 Curved moon shape (8)
2 Comedian and writer, - - - Pascoe (4)
3 Donkey (3)
4 North Star (7)
5 Robert - - -, Begbie in *Trainspotting*, pictured right (7)
6 Mexican side dish, - - - beans (7)
8 *The Holly And The - - -*, festive ditty (3)
9 Tiny particle (4)
10 Person not present, anagram of BASE TEEN (8)
12 Stringed instrument (6)
13 Seventh planet from the sun (6)
14 Dick - - -, comedy star who said 'Ooh you are awful... but I like you' (5)
15 Toy bear (5)
16 Loose coins (6)
17 Subtle difference (6)
25 Orange-brown shade – of port? (5)
26 Sunday lunch? (5)
29 Compliance (9)
30 Private chat between two people (4-1-4)
31 Final incident in a series that proves intolerable (4,5)
32 White stone used for sculptures (9)
33 Bucharest's country (7)
34 Playhouse (7)
35 Set of horse straps (7)
36 Palm fruit (7)
44 Lawn cutter (5)
45 - - - for wear, hungover (5)
49 Salon treatment for the nails and hands (8)
50 Person paying rent (6)
51 US series with Jon Hamm (3,3)
53 Spotted wild cat (6)
54 Family name of *Emmerdale*'s Cain and Mandy (6)
55 Robin Hood's gang (5,3)
57 Division of a poem (5)
58 Amendment to a will (7)
59 Sia hit, *- - - Heart* (7)
60 Count Dracula, eg (7)
61 Bruce Willis film, *The Sixth - - -* (5)
67 One of two siblings born together (4)
68 Small earring (4)
70 Alcoholic drink (3)
72 Knight's title (3)


5 Down

Crossword Neil Locker. Pictures Shutterstock

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Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

	2	6		7	9	1	3	
	5	1	6	2		4		
6		2		8			1	
	7			3		6		5
		4		1	6	7	9	
	3	7	4	9		2	5	

HARD

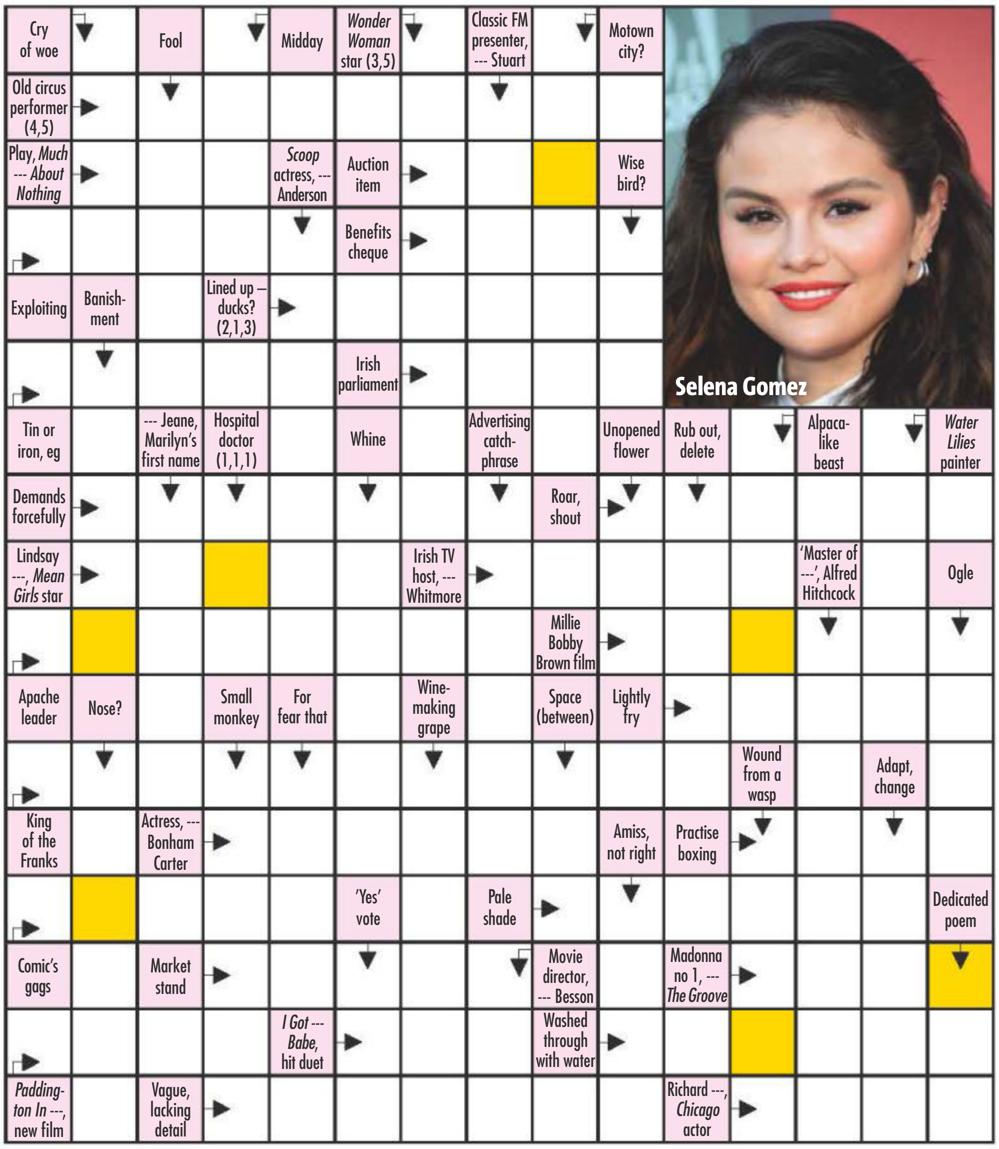
		8			9			
		1	6	2		4		
	3				1		6	7
7		9					1	
	6						2	
	5					8		6
3	1		7				8	
		7		5	6	2		
			4			7		

Take A Break Su-doku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, what Selena Gomez's first name means in Greek. This is your competition entry answer. See the 'How to enter' panel below.



Cry of woe
Fool
Midday
Wonder Woman star (3,5)
Classic FM presenter, --- Stuart
Motown city?
Old circus performer (4,5)
Play, *Much --- About Nothing*
Scoop actress, --- Anderson
Auction item
Wise bird?
Benefits cheque
Exploiting
Banishment
Lined up – ducks? (2,1,3)
Irish parliament
Selena Gomez
Tin or iron, eg
--- Jeane, Marilyn's first name
Hospital doctor (1,1,1)
Whine
Advertising catchphrase
Unopened flower
Rub out, delete
Alpaca-like beast
Water Lilies painter
Demands forcefully
Roar, shout
Lindsay ---, *Mean Girls* star
Irish TV host, --- Whitmore
'Master of ---', Alfred Hitchcock
Ogle
Millie Bobby Brown film
Apache leader
Nose?
Small monkey
For fear that
Wine-making grape
Space (between)
Lightly fry
Wound from a wasp
Adapt, change
King of the Franks
Actress, --- Bonham Carter
Amiss, not right
Practise boxing
'Yes' vote
Pale shade
Dedicated poem
Comic's gags
Market stand
Movie director, --- Besson
Madonna no 1, --- *The Groove*
I Got --- Babe, hit duet
Washed through with water
Paddington In ---, new film
Vague, lacking detail
Richard ---, *Chicago* actor

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 49
PRIZE ANSWERS
Crossword
Greg James
Arrowword
Toxic

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 13 January 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 52. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL52 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 13 January 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:
Bellamagazine.co.uk

For full solutions and winners' details, visit bellamagazine.co.uk

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

T	Y	R									
O	■	■									
P	A	R									

■	Y	■
V	E	R
■	■	O

E	N	■
■	T	■
O	A	S

D	I	O
■	■	O
E	A	L

U	M	P
T	■	O
M	I	T

■	C	■
E	C	H
■	E	■

■	P	L
W	L	■
■	A	D

W	I	D
A	■	S
R	■	T

■	T	■
R	I	G
■	O	■

I	■	■
C	O	L
■	P	■

M	A	■
■	T	O
M	E	■

O	■	T
S	■	E
T	E	R

A	N	T
W	■	O
K	■	A

E	■	R
C	■	O
T	I	O

I	■	P
O	■	E
N	O	R

A	R	O
N	■	L
T	H	E

I	M	P
Q	■	A
U	■	R

E	Z	E
R	■	E
T	E	R

■	■	Y
I	N	■
N	■	J

U	L	S
■	E	■
■	R	A

W	■	E
■	C	R
P	■	■

S	N	E
E	■	■
L	A	T

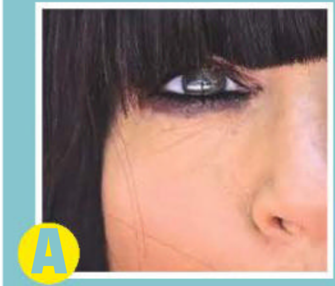
~~T~~	~~Y~~	~~R~~
~~O~~	■	■
~~P~~	~~A~~	~~R~~

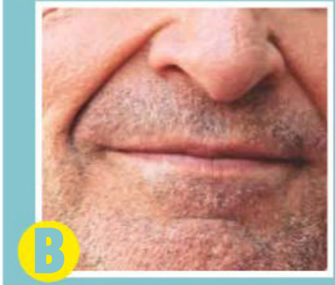
O	N	Y
■	■	A
M	A	L

S	T	U
N	■	N
O	R	D

GUESS THE CELEB

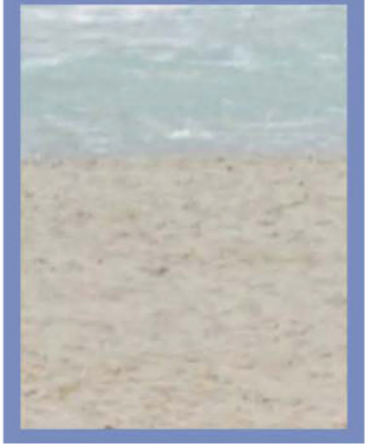
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

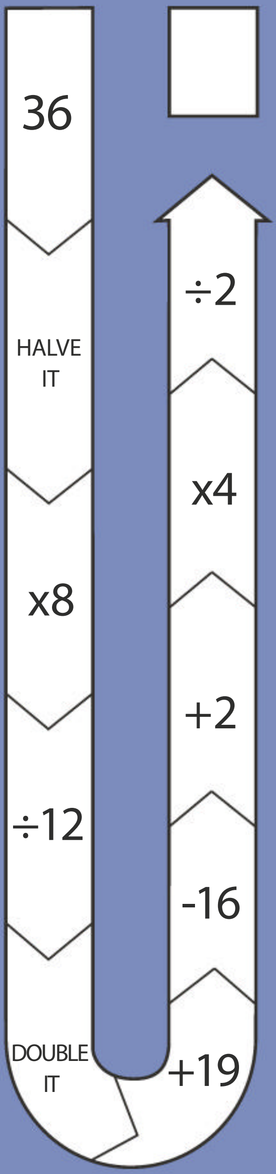
Can you guess what everyday object this super zoomed in photo shows?



ued...

ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.

■	21	■	24	■	4	24	9	■	4	■	23	■	24	■
6	22	24	13	10	14	■	14	18	19	23	8	19	11	10
■	7	■	6	■	12	■	24	■	20	■	15	■	16	■
14	26	26	■	16	14	23	8	13	14	25	■	1	25	15
■	19	■	9	■	25	■	15	■	17	■	21	■	14	■
12	24	1	14	13						6	25	7	8	22
14	■	■	17	■						■	24	■	■	7
24	1	1	19	18						2	5	14	14	11
20	■	■	6	■						■	17	■	■	14
14	2	5	24	25						17	19	3	3	15
■	5	■	25	■	9	■	4	■	21	■	8	■	7	■
4	19	10	■	1	19	11	24	25	25	15	■	19 I	9 M	21 P
■	20	■	9	■	11	■	17	■	24	■	4	■	26	■
13	14	10	19	6	19	17	14	■	6	7	5	23	19	11
■	13	■	18	■	9	■	17	15	14	■	8	■	14	■

A B C D E F G H ~~I~~ J
K L ~~M~~ N O ~~P~~ Q R S
T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
								M				
14	15	16	17	18	19	20	21	22	23	24	25	26
					I		P					

12	7	13	16	14	17	■	24	23	■	24	■	21	7	13	8	14	13	■	24	8
						■			■		■							■		

26	19	25	25	19	11	10	23	10	24	8	14	■	1	19	23	22	■	9	24	13	16	14	8
												■					■						

Pictures Shutterstock

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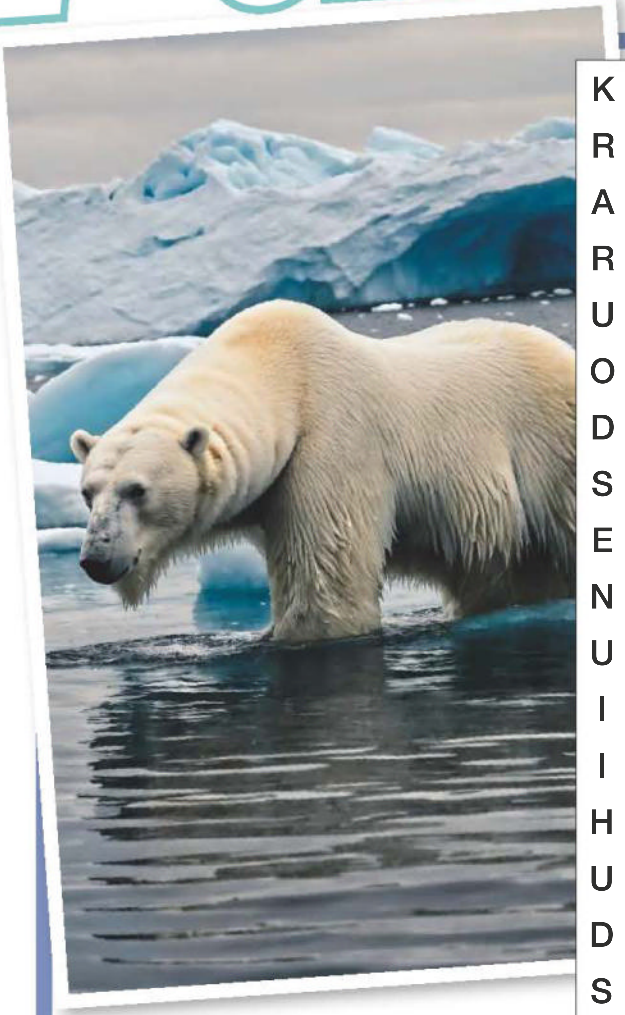


ICE BREAKER

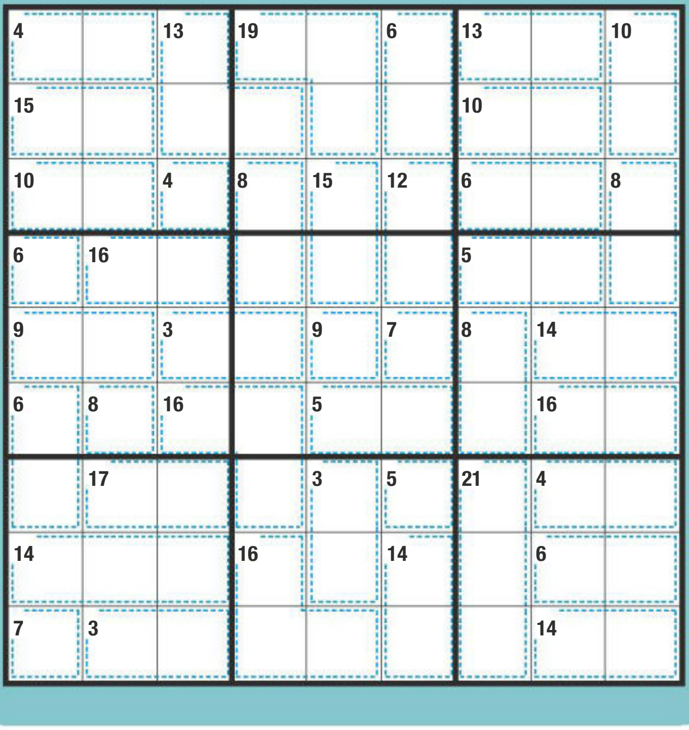
Brrrrrring your A game and see if you can crack this Arctic-themed search.

K	F	T	S	O	R	F	A	M	R	E	P	I	W	N	S	A	Z	M
R	I	V	T	H	I	A	J	Q	D	C	C	N	Y	T	R	I	U	S
A	E	S	G	N	I	R	E	B	A	E	S	I	H	C	K	U	H	C
R	C	H	L	A	L	P	I	B	S	E	B	R	T	O	E	X	R	Y
U	T	A	S	G	L	M	P	T	R	E	D	I	A	F	N	N	E	A
O	N	P	C	L	G	S	A	I	S	A	C	N	E	D	I	O	I	B
D	I	B	E	L	I	T	H	Y	N	P	L	S	U	Y	R	R	N	E
S	P	O	N	T	I	A	F	O	O	G	C	O	I	A	E	A	D	O
E	U	T	P	O	I	G	S	P	W	E	E	A	P	B	V	L	E	H
N	T	R	N	S	A	R	P	L	Y	L	M	E	I	E	L	T	E	D
U	O	S	L	E	D	Y	L	A	O	K	Y	S	M	T	O	H	R	U
I	C	E	L	A	N	D	A	P	W	E	A	T	S	U	W	C	R	R
I	M	S	N	I	W	S	H	T	L	E	B	R	C	L	S	L	R	P
H	E	D	S	C	W	T	W	E	D	M	N	O	A	O	G	K	E	S
U	L	T	I	E	R	O	R	V	N	E	I	F	N	S	R	D	O	V
D	T	A	D	O	N	R	A	S	A	T	F	U	D	E	E	R	E	X
S	I	E	N	N	K	R	N	E	L	H	F	A	I	R	E	A	R	M
O	N	S	A	C	B	Y	E	A	P	A	A	E	N	P	N	B	G	U
N	G	W	P	T	O	R	A	D	A	N	B	B	A	N	L	L	T	R
B	A	L	E	E	N	W	H	A	L	E	I	R	V	E	A	A	D	A
A	E	L	A	H	W	R	E	L	L	I	K	L	I	E	N	V	C	A
Y	B	A	R	E	N	T	S	S	E	A	W	H	A	E	D	S	I	T

ARCTIC POPPY
BAFFIN BAY
BALEEN WHALE
BARENTS SEA
BEAUFORT SEA
BERING SEA
CHUKCHI SEA
DRIFT ICE
FINLAND
GREENLAND
HUDSON BAY
ICELAND
ICE STATION
KARA SEA
KILLER WHALE
LAPLAND
LAPTEV SEA
MELTING
METHANE
MUSK OX
NARWHAL
NORTH POLE
PARKA
PERMAFROST
POLAR BEAR
PRUDHOE BAY
REINDEER
RESOLUTE BAY
SCANDINAVIA
SEA ICE
SHIPPING
SIBERIA
SNOWY OWL
SVALBARD
SWEDEN
WALRUS
WILDERNESS
WOLVERINE

KILLER SUDOKU

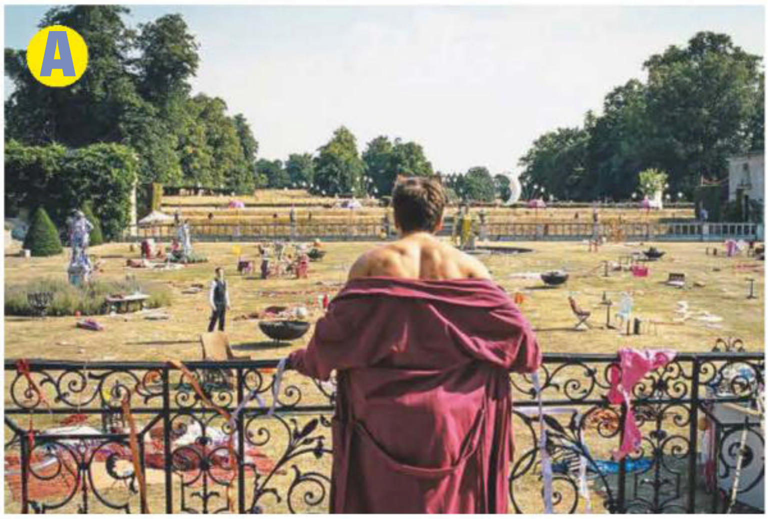
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

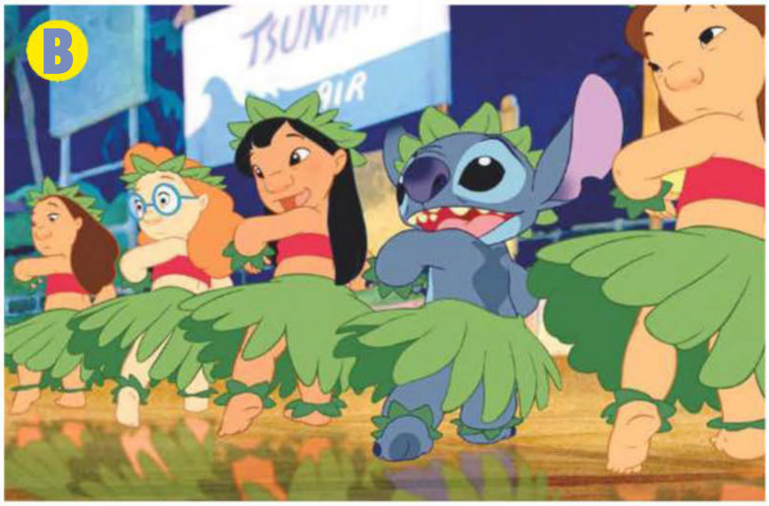


4		13	19		6	13		10
15						10		
10		4	8	15	12	6		8
6	16					5		
9		3		9	7	8	14	
6	8	16		5			16	
	17			3	5	21	4	
14			16		14		6	
7	3						14	

GUESS THE MOVIE

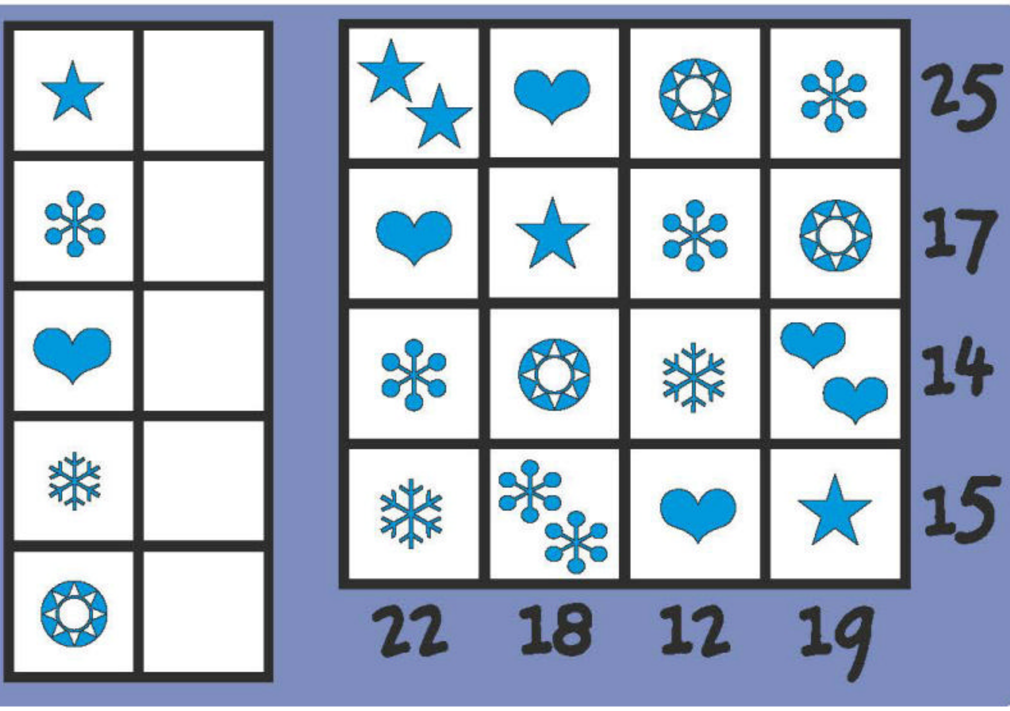
Can you name these famous films from looking at just one scene?





TOTAL-LY PUZZLED

In this puzzle, each symbol stands for a whole number between one and nine. The number at the end of each row and column equals the sum of the numbers in it. When a symbol appears twice in a square it is doubled. Can you work out which number each symbol represents?



★	
❉	
♥	
❄	
❂	

★★	♥	❂	❉	25
♥	★	❉	❂	17
❉	❂	❄	♥♥	14
❄	❉❉	♥	★	15
22	18	12	19	

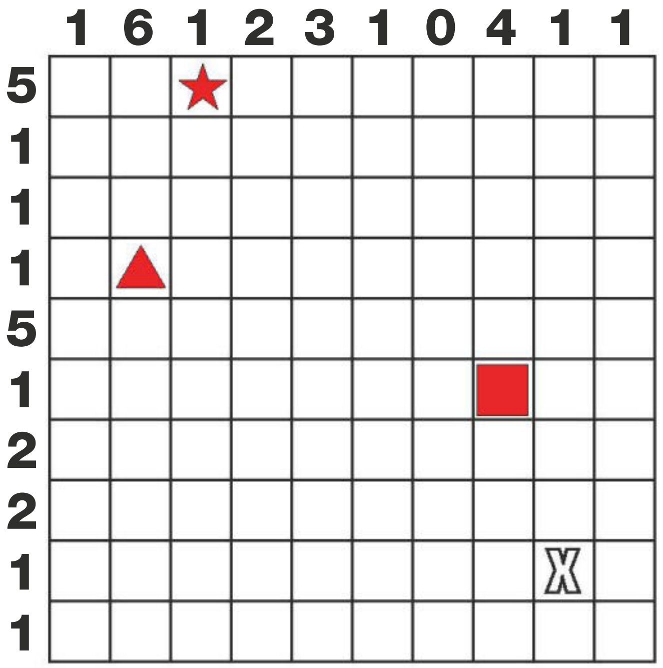
Pictures Shutterstock

Continued over the page...

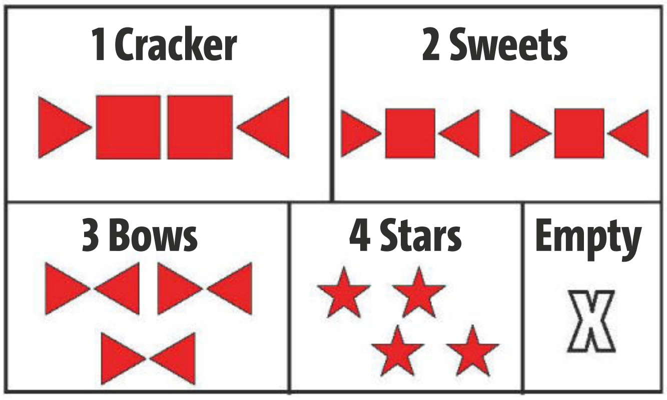
Puzzles continued...

CRACKERJACK

An entire selection of Christmas decorations is hidden in the grid. They may be lying horizontally or vertically, but they must not be touching each other, even diagonally. The numbers along the side and top of the grid show you how many parts of decorations can be found in each row or column. When decorations are placed in the grid, you can fill in the boxes all around them as empty. Three correct locations and an empty one have been filled in for you. Can you discover where each decoration lies?



	1	6	1	2	3	1	0	4	1	1
5			★							
1										
1										
1		▲								
5										
1								■		
2										
2										
1									X	
1										



1 Cracker

2 Sweets

3 Bows

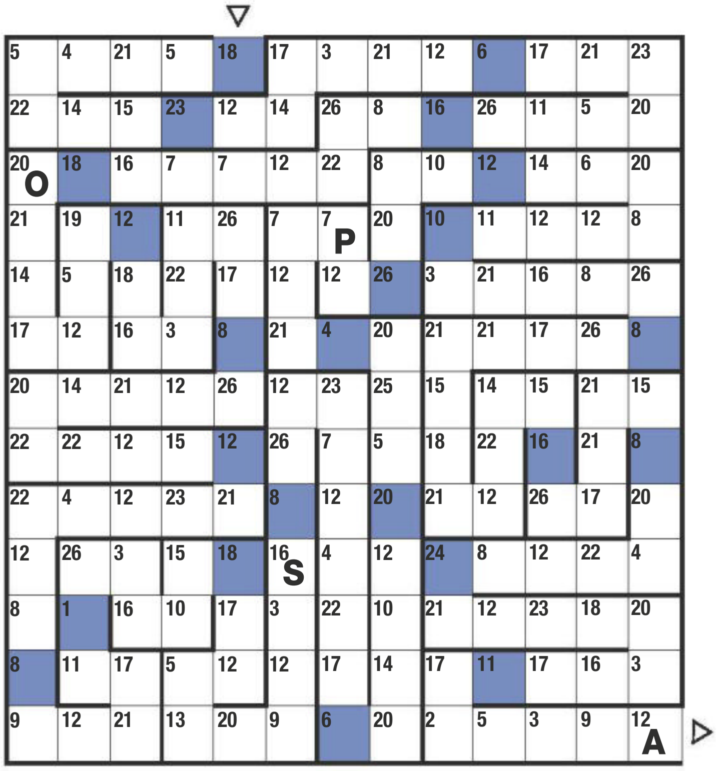
4 Stars

Empty

X

CODEBREAKER MAZE

Solve the codebreaker in the usual way, using all 26 letters of the alphabet, and the pathway through the puzzle will reveal the names of 23 wines, spirits and liqueurs. The start of each name is indicated by a shaded square and we've placed four letters to help you crack the code.



5	4	21	5	18	17	3	21	12	6	17	21	23
22	14	15	23	12	14	26	8	16	26	11	5	20
20 O	18	16	7	7	12	22	8	10	12	14	6	20
21	19	12	11	26	7	7 P	20	10	11	12	12	8
14	5	18	22	17	12	12	26	3	21	16	8	26
17	12	16	3	8	21	4	20	21	21	17	26	8
20	14	21	12	26	12	23	25	15	14	15	21	15
22	22	12	15	12	26	7	5	18	22	16	21	8
22	4	12	23	21	8	12	20	21	12	26	17	20
12	26	3	15	18	16 S	4	12	24	8	12	22	4
8	1	16	10	17	3	22	10	21	12	23	18	20
8	11	17	5	12	12	17	14	17	11	17	16	3
9	12	21	13	20	9	6	20	2	5	3	9	12 A

1	2	3	4	5	6	7	8	9	10	11	12	13
						P					A	
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
		S				O						

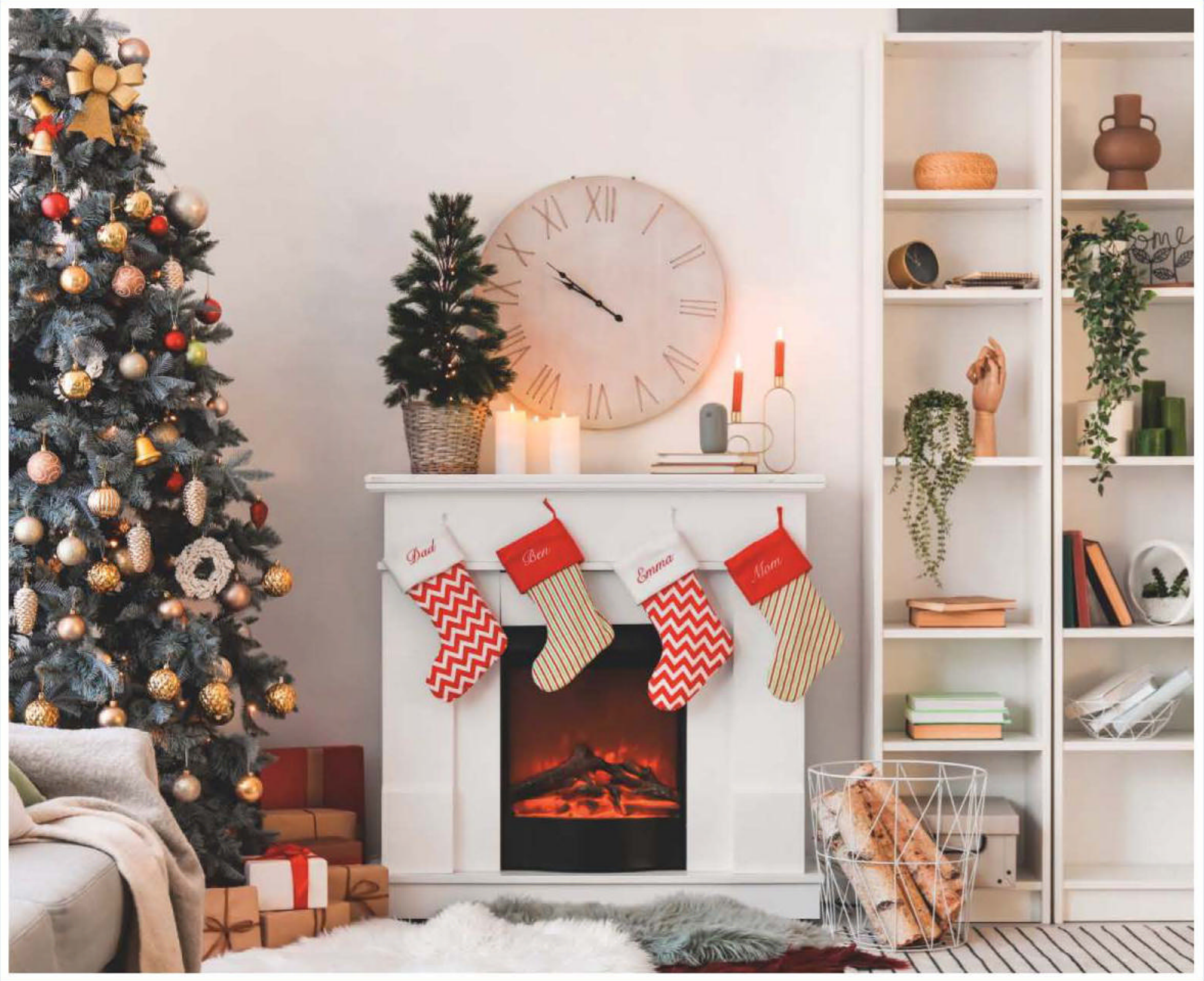
CUNNING CONUNDRUM

Can you solve this nine-letter anagram?

E	N	T	I	C	E	P	R	O

MEMORY BANK

Study this image for one minute and then turn the page to answer six questions – how many details can you recall?



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Continued over the page...

Puzzles continued...

MEMORY BANK QUESTIONS

1 True or false: there are candles on the mantelpiece.
2 What is the time on the wall clock?
3 How many stockings are hanging off the fireplace?
4 What is in the basket by the fireplace?
5 What type of decorative item is on the top shelf on the right of the picture?
6 True or false: the wall is painted light green.

COOKBOOK

All the highlighted words in this recipe for Roast Turkey with Pepper and Olive Stuffing can be found in our wordsearch grid. The remaining unused letters in the finished grid will spell out the name of someone with a strong Olive association (6,3,6).

Ingredients

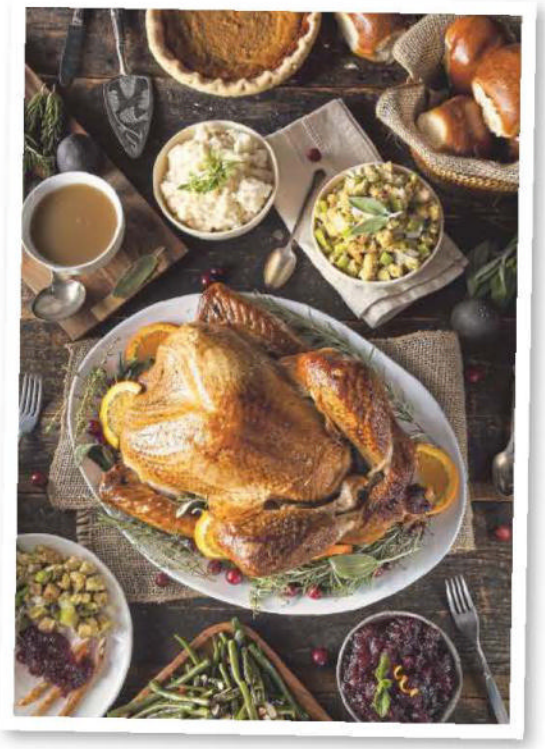
For the stuffing:

- 2 tbsp olive oil
- 1 red onion, peeled and sliced
- 1 orange pepper, seeded and diced
- 1 green pepper, seeded and diced
- 1 red pepper, seeded and diced
- 200g breadcrumbs
- 4 tbsp fresh chopped flat-leaf parsley
- 75g pitted green olives
- 75g pitted black olives
- 1 medium egg, beaten

For the turkey:

- 5.4kg turkey, giblets removed
- 50g butter, softened
- Trimmings and gravy, to serve

P	S	F	Y	R	Y	L	T	H	G	I	T
C	O	O	L	O	O	S	E	L	Y	S	R
A	F	I	L	G	R	A	V	Y	B	A	U
L	T	L	A	R	G	E	S	M	O	L	S
C	E	G	N	I	F	F	U	T	S	T	S
U	N	C	O	V	E	R	P	K	I	O	I
L	E	O	I	E	C	V	E	N	S	N	N
A	D	T	S	D	R	W	A	E	Y	I	G
T	E	S	A	A	E	A	V	E	N	O	D
E	T	E	C	R	E	I	E	D	L	N	H
D	R	R	C	E	L	S	S	L	A	S	I
B	L	C	O	O	K	E	D	E	C	O	R

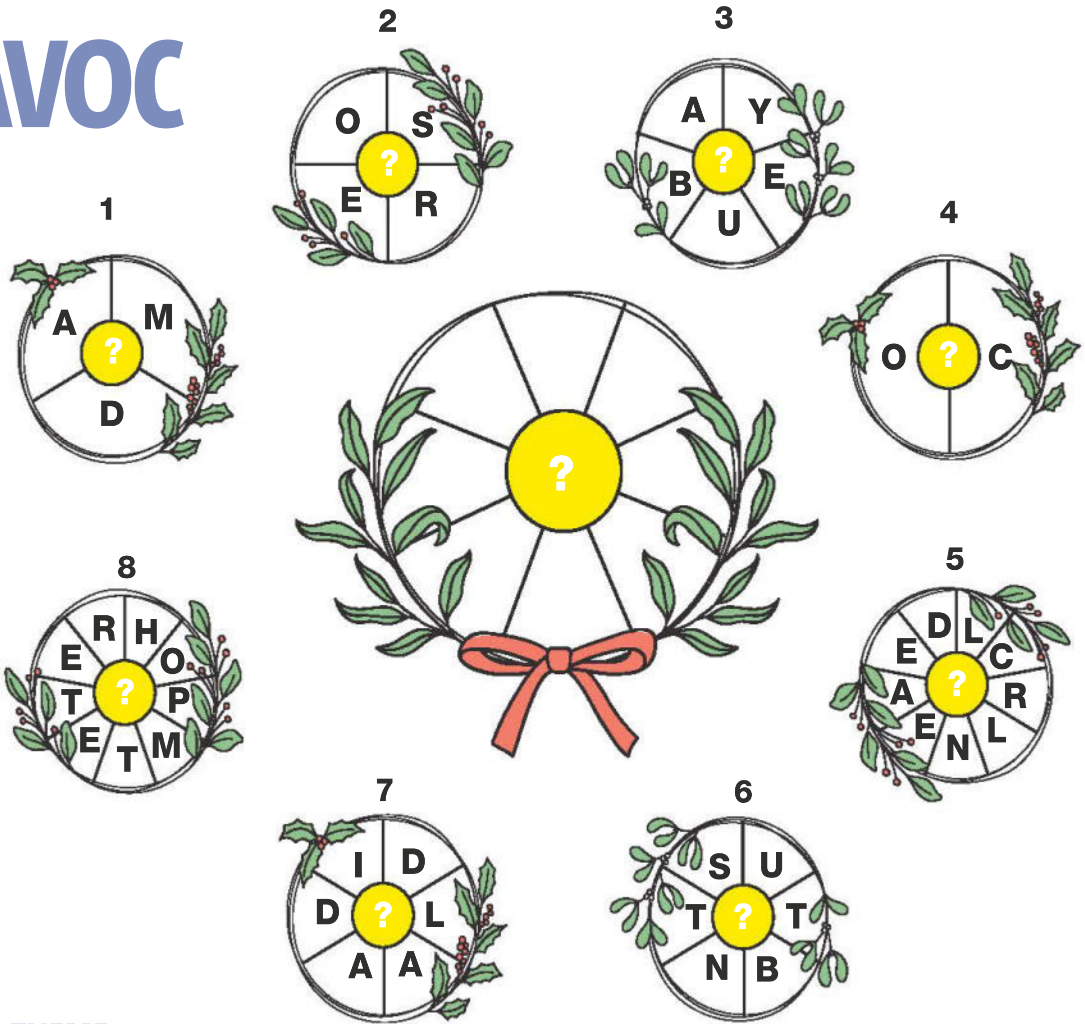


Method

For the **STUFFING**, heat the olive oil in a large frying pan. Add the onion and cook for 2-3 minutes, stirring **OCCASIONALLY**. Add the peppers and cook for a further 5 minutes until **SOFTENED**. Allow to cool. Place the **BREADCRUMBS** and parsley in a bowl, **SEASON** with salt and black pepper, add the peppers and **ONIONS**, stir in the **OLIVES**, add the egg and mix well. Preheat the oven to 190°C (Fan 170°C). Fill the turkey neck cavity with the stuffing. Shape the remainder into balls. Smooth the skin back over the stuffing and tuck it under the bird. If the turkey is not trussed, thread a large **TRUSSING NEEDLE** with string. Push the needle through one knee joint and out through the other to 'pin' the legs in place. Bring the string under the turkey, up over the wings and back under at the neck cavity. Tie **TIGHTLY** to secure the shape. Secure the wing tips with 2 short skewers. Weigh the turkey, allowing 18 minutes of cooking time per 450g plus an extra 18 minutes. Place the turkey in a **LARGE ROASTING** tin, spread with the butter, season with **SALT** and **LOOSELY** cover with **FOIL**. Roast the turkey for the **CALCULATED** cooking time, basting occasionally with the juices. **UNCOVER** for the last 45 minutes to crisp the skin. To check the turkey is **COOKED**, pierce a thigh with a **SKEWER** – when it is **DONE** the juices should run **CLEAR**. **LEAVE** to **REST** for 15 minutes and serve with **GRAVY** and trimmings. Serves 8.

WREATH HAVOC

Can you unscramble the eight anagrams within the small wreaths and find the theme which links them all? To make your task more difficult, each group of letters has one letter missing. As you discover the missing letters, place them into the eight empty sections of the large central wreath. When you have finished, rearrange these letters to spell out a related answer (4,5) which has one letter missing too.



SMALL WREATH WORDS

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

LARGE WREATH WORD

....

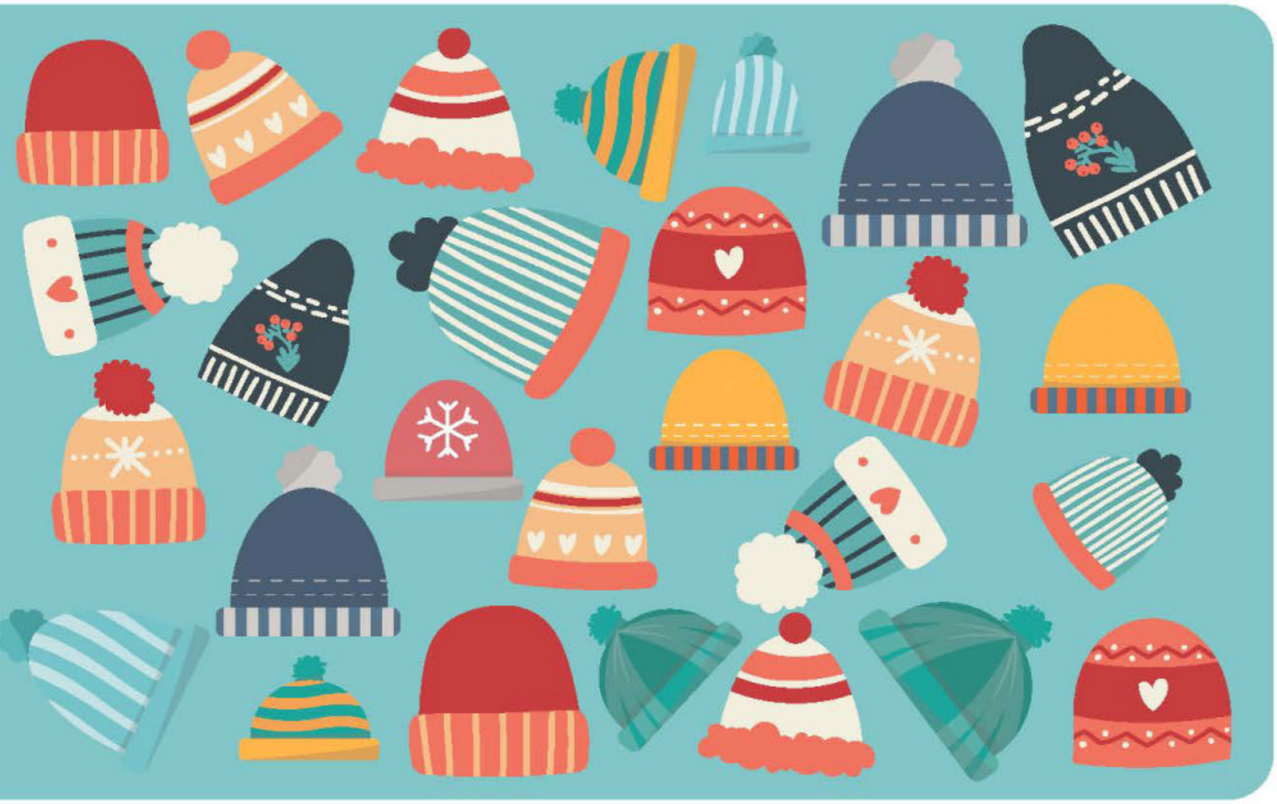
LINKING THEME

....

Hint: What a song and dance performance!

SINGLED OUT

All but one of these winter hats has a pair – can you spot the solo shape?



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Continued over the page...

Puzzles

HANJI

Every square in this 20x20 grid must be left white or shaded in. The numbers next to each row and column indicate groups of adjacent shaded squares in that row or column. For example, if the numbers 2 5 6 appear next to a row there must be a group of exactly two adjacent shaded squares, then a group of five shaded squares, then a group of six shaded squares appearing in that row in that order, and with at least one white square separating the groups. To help you out, we've already revealed which squares are white and which ones are shaded in one column and one row. Once you've identified and shaded all the right squares, the finished grid will reveal a seasonal scene.

You might find it helpful to mark squares that you know must be blank with a small dot.

																			2	3	1	1	
												3	3	4		3		9	6	5	2	3	1
								1		3	4	1	1	1		5	11	1	1	1	2	6	3
				3	4	3	2	2	7	2	2	2	2	2	9	2	2	2	2	2	11	2	2
			4																	■			
			2																	■			
			3																	■			
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		3	3																				
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			5																	■			
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			5																	■			
		2	6																	■			
		8	2																				
		9	2																				
	4	5	2																				
	3	3	2																				
		2	15	■	■			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
2	1	1	1																				
3	1	1	1																				
			19																	■			
			18																	■			

CRYPTOGRAM

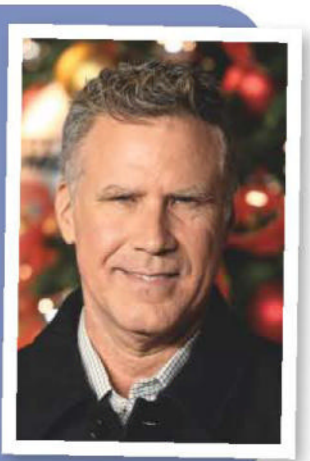
This quote from the film *Elf* has been put into code by substituting one letter of the alphabet for another, and it's up to you to crack it. We've given you a letter to start you off.

LZS JSBL HWG LV BEKSWI

TZKMBLFWB TZSSK MB BMPRMPR

G G

QVCI AVK WQQ LV ZSWK.



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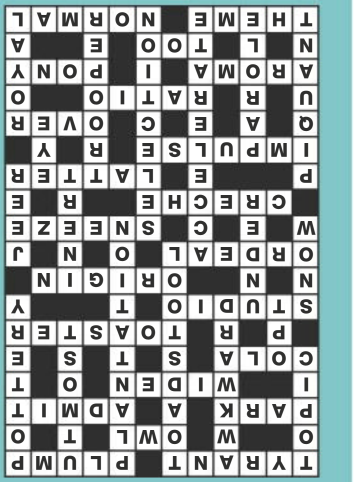
THIS WEEK'S SOLUTIONS

BITS & PIECES



GUESS THE CELEB

A Claudia Winkleman
B Hugh Jackman

WHAT ON EARTH?

Beach

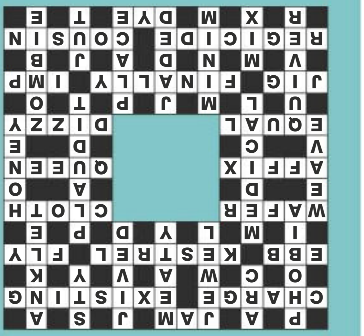
ROUND SUM

58

CODEBREAKER

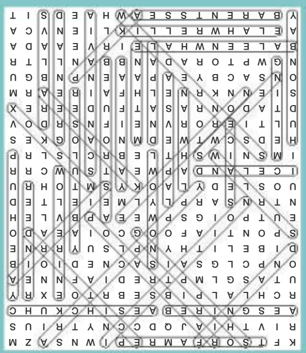
1	2	3	4	5	6	7	8	9	10	11	12	13
F	Q	Z	J	U	C	O	T	M	G	N	W	R

14	15	16	17	18	19	20	21	22	23	24	25	26
E	Y	K	D	X	I	V	P	H	S	A	L	B

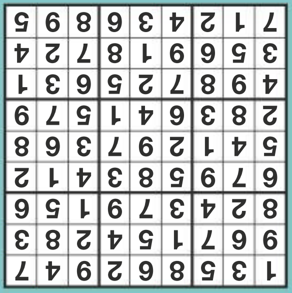


Celebrity Micky Flanagan Fact Worked as a porter at Billingsgate fish market.

WORDSEARCH



KILLER SUDOKU



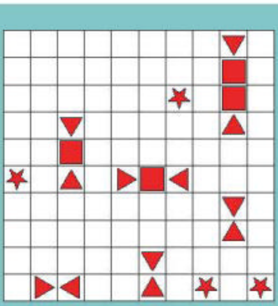
GUESS THE MOVIE

A Saltburn
B Lilo & Stitch

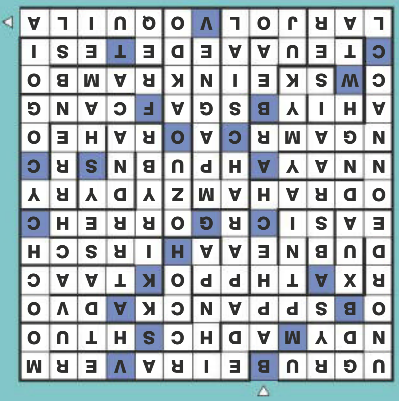
TOTAL-LY PUZZLED

♥=2
❄=3
★=8
❂=9
❄=1

CRACKERJACK



CODECRACKER MAZE



1	2	3	4	5	6	7	8	9	10	11	12	13
W	Q	I	G	U	V	P	C	L	K	T	A	J

14	15	16	17	18	19	20	21	22	23	24	25	26
D	Y	S	E	B	X	O	R	N	M	F	Z	H

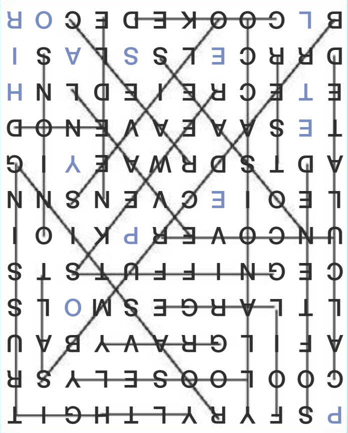
CUNNING CONUNDRUM

Reception

MEMORY BANK

1 True, 2 9:50, 3 Four, 4 Logs, 5 Vase, 6 False, it's white/cream.

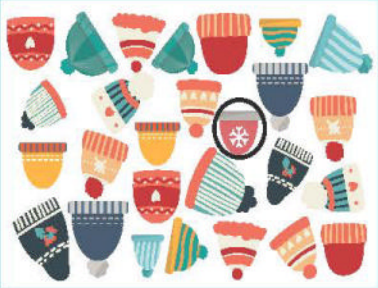
COOKBOOK



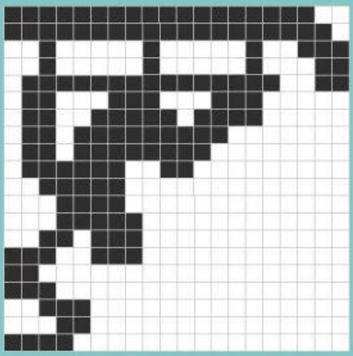
WREATH HAVOC

Small wreath words 1 Dame, 2 Horse, 3 Beauty, 4 Cow, 5 Cinderella, 6 Buttons, 7 Aladdin, 8 Stepmother.
Large wreath word Snow White
Linking theme Pantomime characters

SINGLED OUT

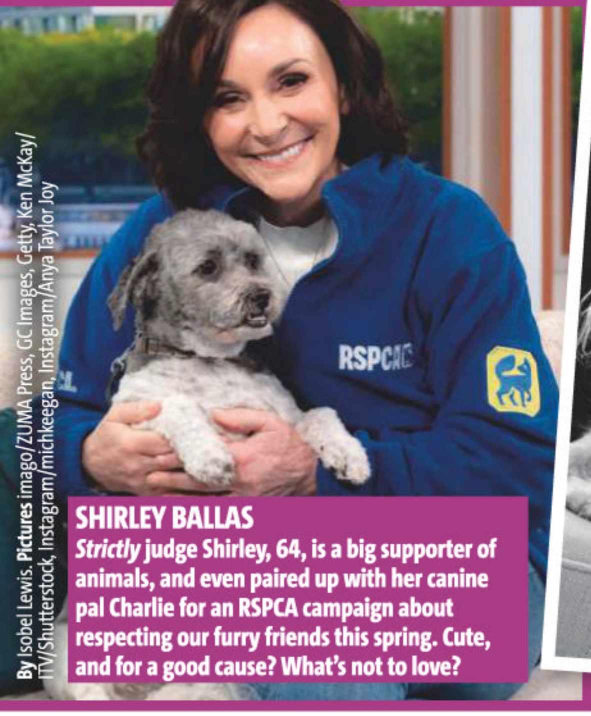


HANJI



CRYPTOGRAM

The best way to spread Christmas cheer is singing loud for all to hear.



SHIRLEY BALLAS
Strictly judge Shirley, 64, is a big supporter of animals, and even paired up with her canine pal Charlie for an RSPCA campaign about respecting our furry friends this spring. Cute, and for a good cause? What's not to love?

MICHELLE KEEGAN
Nap time for two? Michelle enjoyed some much-needed shut eye while chihuahua Pip kept guard. The *Brassic* star, 37, also shares Phoebe the dachshund with husband Mark Wright.

ANYA TAYLOR-JOY
We love a funny pet name, so meet Bartok the Magnificent. The actor, 28, lives with the cute canine and rocker husband Malcolm McRae.

By Isobel Lewis. Pictures imago/ZUMA Press, GC Images, Getty, Ken McKay/ITV/Shutterstock, Instagram/michkeegan, Instagram/Anya Taylor Joy

IT'S A DOG'S LIFE

Because if there's one thing the stars love, it's carrying around a tiny pup…

SIMON COWELL
We've seen two dogs win *Britain's Got Talent* over the years, so of course Simon, 65, had two Yorkshire terriers on hand to promote the show. We'd love to see a trophy in those tiny paws!

CIARA
Tiny dog + big handbag = a combination as old as time. With Ciara matching her jumpsuit to the leather tote carrying her puppy Bronco, the singer, 39, is taking 'doggy bag' to a whole new level of chic.

KIM KARDASHIAN
She got her start in Hollywood assisting Paris Hilton, and it seems Kim, 44, learnt all about the power of trotting around with tiny pup Sushi from her heiress friend.

MEL B
Scary Spice? More like Furry Spice! Mel, 49, loves nothing more than swanning about town with her dog Cookie in tow – and the matching leopard print is a total fashion win.

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Our Lives
The only way is SEXY!
'You're perfect as you are'
FINISHED?

GOT AN INSPIRING TRANSFORMATION STORY?

EARN UP TO £1000!
T&Cs APPLY

Settling down into family life put Gayle's exercise regime on hold, and her weight soon crept up. But after seeing how a gastric sleeve had helped TOWIE star Arg, she went for the procedure too and she's never looked back.

Gayle used The Story People to share her gastric sleeve triumph, and you can too.

The Story People

Fill in the 5-minute form on our website to find out what you could earn today or email us at mystory@bauermedia.co.uk

Story People
SHARE YOUR REAL LIFE STORY WITH OUR TOP UK MAGAZINES!
You get more cash when you come to us DIRECT

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Gtech

Enjoy a 5-star Christmas

Experience the award-winning cordless AirRAM 2, designed to make your cleaning tasks easier than ever this Christmas. Seamlessly transition from carpets to hard floors without any adjustments, and enjoy consistent maximum power throughout. Weighing just 3.2kg, this lightweight cordless vacuum offers effortless manoeuvrability around your home. Its low-profile handle allows you to clean under sofas, beds, and tables with ease.

Say goodbye to tangled cords! The AirRAM 2 is powered by a 22V lithium-ion battery, providing up to 40 minutes of cleaning time on a single 4-hour charge. Dirt and debris are compressed into an easy-to-empty bin—just slide the ejector arm to dispose of waste directly into your bin.

NOW ONLY
£179.99
~~Was £229.99~~
Use Code: MH45
Offer End Date 28/02/25

Over 25,000 5 Star Reviews “Just love this vacuum! It’s the best on the market. Light and picks up everything!” **Tina F**
★★★★★

Simplify your cleaning routine with the AirRAM 2

Easy Manoeuvrability
The AirRAM’s lightweight design and low-profile handle allow you to reach under furniture effortlessly.

Convenient Emptying
Dirt and hair are compressed into a bale while you vacuum. Just remove the bin and empty it with a simple slide.

Innovative AirLOC Technology
With our patented AirLOC Technology and a powered rotating brush bar, the AirRAM effectively captures larger debris while locking onto fine dust and dirt on the return stroke.

Illuminating LED Headlights
Bright LED lights illuminate your path, highlighting any missed dust for a thorough clean.

Extended Runtime
The AirRAM operates on a powerful 22V lithium-ion battery, offering up to 40 minutes of continuous cleaning.

Effective Edge Cleaning
Designed with a brush bar that reaches awkward corners and cleans up to skirting boards, saving you time and effort.

Over 25,000 5 star reviews! ★★★★★

Where have you been all my life?
This is amazing. I don't know why I didn't buy one sooner. It's so easy to grab and go, with no plugging in and no wires getting caught up. It cleans my carpets and hard floors well. It is quite powerful picks up loads of fluff which you can see in the see through container at the front. It is light weight and easy to take it upstairs. **Ruth P 5 stars**

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